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USA GYMNASTICS

WORLD'S TOUGHEST SPORT

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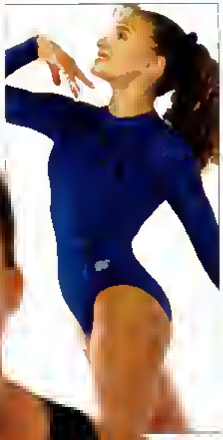
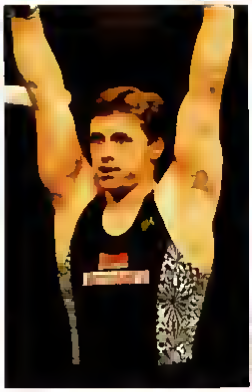
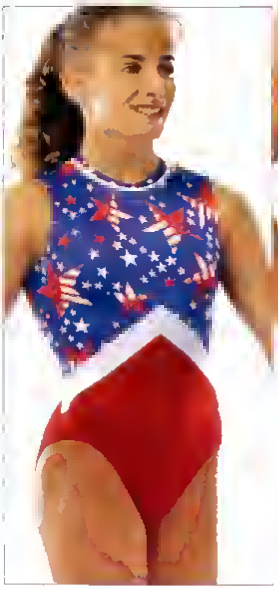
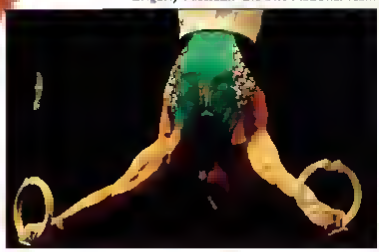


Vitaly Scherbo





Grigory Misiutin-Ukraine National Team



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Above. The sport of gymnastics produces a few good men

FEATURES

THE WORLD'S TOUGHEST SPORT

22

Men's Fitness magazine came up with a formula to rank sports based on seven categories including fitness, skills, brains, pain, contact, venue and intangibles. Not surprising to gymnasts, the sport of men's gymnastics was determined to be the world's toughest sport!

COLLEGIATE CORNER

8

Included in the Collegiate Corner is a listing of men's and women's colleges that offer gymnastics programs. There is also a listing of collegiate scholastic gymnastics champions, important collegiate competition dates and much, much more.

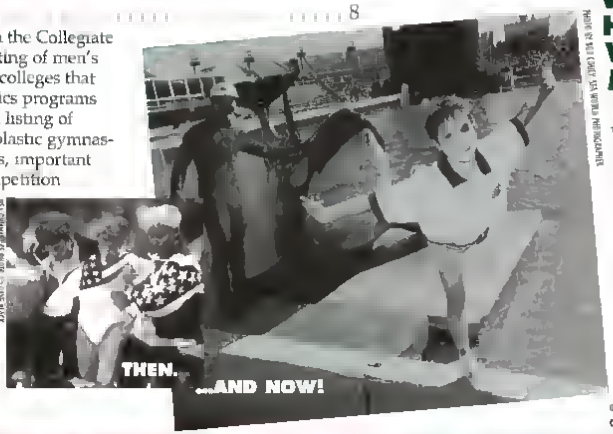

PHOTO BY USA GYMNASTICS/USA SPECIAL PHOTOGRAPHERS

USA GYMNASTICS/PHOTO BY CHRIS BUCK

Right: Kerri Strug at the Olympics

WHAT'S HAPPENING WITH THE MAG 7?

26

We asked the gold medal members of the Olympic Team (Amanda Borden, Amy Chow, Dominique Dawes, Shannon Miller, Dominique Moceanu, Jaycie Phelps and Kerri Strug) what they've been doing since the Olympics. They not only told us what they've been doing but they also sent us pictures!

Left: Kerri Strug balances with Shamu, the killer whale, at Sea World of California. Strug and her family visited the San Diego marine life park after the Games to see fellow Olympic gymnast Betty Okino. Okino stars in the park's nightly ice skating and gymnastics show, choreographed by UCLA gymnastics coach Valorie Kondos.

COVER PHOTOGRAPH OF MEN'S OLYMPIC GYMNASTICS TEAM BY ROBERT PERE/REUTERS, PL.

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Inside USA Gymnastics

SPONSORS EARN 10.0

By Kathy Scanlan
President of
USA Gymnastics

As this very successful year comes to a close we want to take this opportunity to thank our sponsors, who made it possible for USA Gymnastics to thrive and for our teams to succeed. The sponsors have certainly earned a 10.00 in our book because, without sponsor support, we could not have accomplished our goals. Below is a look at what took place in 1996.

The sponsors have certainly earned a 10.00 in our book because, without sponsor support, we could not have accomplished our goals.

Thanks to the support of **McDonald's**, we were able to conduct the McDonald's American Cup and the McDonald's International Gymnastics Championships. The U.S. athletes selected for the event have the opportunity to compete against athletes from 15 or more countries which helps the U.S. program internationally. Olympians Kerri Strug and John Roethlisberger were this year's McDonald's American Cup champions.

Hershey is a proud supporter of the Reese's International Gymnastics Cup. This event has more of a fun and entertaining type structure. The athletes wear costumes and put their routines or skits to music. This type of event brings the sport to a new level of audience appeal.

Budget Rent a Car allows the U.S. to compete with other countries around the world. In 1996 the Budget Rent a Car Gymnastics Invitational was a men's and women's dual event between the U.S. and France, which the U.S. won.

Coca-Cola sponsored the national championships entitled, The Coca-Cola National Gymnastics Championships. This event selected the U.S. Junior and Senior National Teams that have and will represent the U.S. in 1996-97. This event also names the prestigious all-around winners in the U.S. Shannon Miller and Blaine Wilson were this year's National Champions.

John Hancock is the title sponsor of the post-Olympic tour. The John Hancock Tour of World Gymnastics Champions has gathered many of the gymnastics Olympians together to showcase their extraordinary talents to audiences in 34 cities across the nation.

Reebok, along with its partner Alpha Factor, has made it possible for our athletes and coaches to look their best both on and off the competition floor. In addition, Reebok is the sponsor of the Club Gymnastics Mall Tour that hit 11 malls throughout the country in 1996 and 20 malls in 1995. The goal is to promote the sport of gymnastics throughout the country.

Besides the title sponsors listed above, USA Gymnastics also enjoys support from other sponsors as well. We would like to thank **Ace, AAI, Bemco, Gatorade, General Mills, Kodak, L'eggs, NationsBank**, and **Visa** for all of their contributions.

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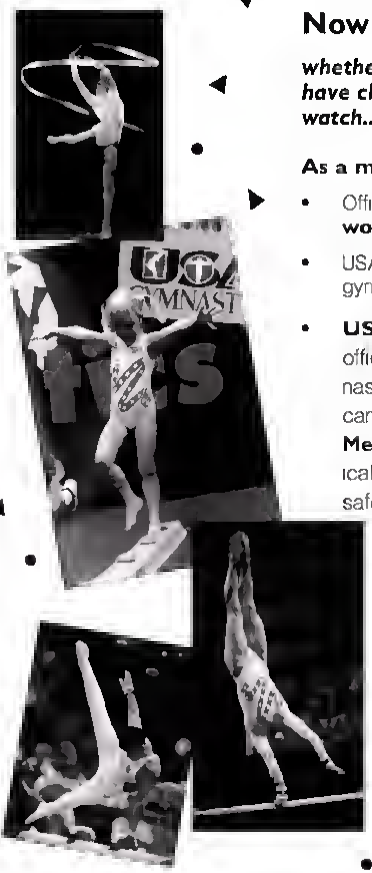

Now anyone who loves the sport of gymnastics...

whether you are a former gymnast or official, taking gymnastics classes, have children or grandchildren involved in the sport, or just plain love to watch...<u>you</u> can become a member of USA Gymnastics!

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- USA Gymnastics **Membership Card.** This card entitles you to a 10% discount off all gymnastics apparel sold through the USA Gymnastics merchandising department.
- **USA Gymnastics Magazine.** Enjoy a one-year subscription (6 issues) to the official magazine of USA Gymnastics featuring personality profiles of U.S. gymnasts, training tips, coverage of major competitions, information on gymnastics camps, the latest in merchandise and more! Plus you'll get our **USA Gymnastics Member Newsletter,** which will include information and features geared specifically to parents of gymnasts - preschool through elite - on topics ranging from safety to nutrition to choosing the right club or coach.

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Club #

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❒ Former Official/Coach ❒ Gymnastics fan ❒ Other

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COLLEGIATE CORNER WOMEN

Kathy Feldmann and Sandy Thiele
USA Gymnastics Collegiate Liaisons

Chari Knight Hunter poses with husband, Brody

A NEW TREND

My name is Chari Knight-Hunter and I was a member of the National Team in 1989 and 1990. I then went to Oregon State University and had a wonderful opportunity to compete as a collegiate gymnast. I even managed to meet the man that I was to marry two years ago. His name is Randy Hunter and he was a baseball player for Oregon State. After all that, you'd think that I would be ready to hang up my grips and "get on with the rest of my life," right?

Well, I am! And "the rest of my life" at this point, still includes gymnastics. I am currently working part-time for the Oregon State University Athletic Department and my husband holds a full-time position with Hewlett-Packard. Thankfully, my job provides me with the time I need for adequate workouts.

This year, I competed again for the first time in two years. Thanks to the help of Dan Alch at the National Academy of Artistic Gymnastics in Eugene, Ore., I was able to get ready for and compete in JO Regionals and Nationals. At Nationals, I tied for first on beam and in the all-around. This meant a lot to me as these were my first national titles ever! So at the age of 23, I have managed to accomplish something new! I guess I'm not so old after all! And, I'm glad to see that I'm not alone. I think it has been great to see many other 'older' gymnasts still sticking with it as well. Maybe we can all start a trend!

Here's a complete listing of colleges in the U.S. that have a women's gymnastics team.

NORTHEAST

Division I

Bowling Green State Univ.	Bowling Green, OH
Brown Univ.	Providence, RI
Cornell Univ.	Ithaca, NY
Kent State Univ.	Kent, OH
Univ. of Massachusetts	Amherst, MA
Univ. of New Hampshire	Durham, NH
Northeastern Univ.	Boston, MA
Ohio State Univ.	Columbus, OH
Pennsylvania State Univ.	University Park, PA
Univ. of Pennsylvania	Philadelphia, PA
Univ. of Pittsburgh	Pittsburgh, PA
Univ. of Rhode Island	Kingston, RI
Rutgers University	New Brunswick, NJ
Temple Univ.	Philadelphia, PA
Univ. of Vermont	Burlington, VT
Yale University	New Haven, CT

Division II

Univ. of Bridgeport	Bridgeport, CT
Indiana Univ. of PA	Indiana, PA
Southern Connecticut St. Univ.	New Haven, CT
West Chester Univ.	West Chester, PA

Division III

Wilson College	Chambersburg, PA
SUNY College at Brockport	Brockport, NY
SUNY College at Cortland	Cortland, NY
Ithaca College	Ithaca, NY
Mass. Institute of Technology	Cambridge, MA
Rhode Island College	Providence, RI
Springfield College	Springfield, MA
Ursinus College	Collegeville, PA

CENTRAL

Division I

University of Alabama	Tuscaloosa, AL
Auburn University	Auburn Univ., AL
Ball State University	Muncie, IN
Centenary College	Shreveport, LA
Central Michigan University	Mount Pleasant, MI
Eastern Michigan University	Ypsilanti, MI
Illinois State University	Normal, IL
University of Illinois	Champaign, IL
University of Illinois	Chicago, IL
Iowa State University	Ames, IA
Louisiana State University	Baton Rouge, LA
Michigan State University	East Lansing, MI
University of Michigan	Ann Arbor, MI
Univ. of Minnesota-Twin	Minneapolis, MN
University of Missouri	Columbia, MO
Northern Illinois University	DeKalb, IL
Southeast Missouri State Univ.	Cape Girardeau, MO
Western Michigan University	Kalamazoo, MI

Division II

Winona State University	Winona, MN

Division III

Gustavus Adolphus College	St. Peter, MN
Hamline University	St. Paul, MN
Univ. of Wisconsin	Eau Claire, WI
Univ. Wisconsin-La Crosse	La Crosse, WI
University of Wisconsin	Oshkosh, WI
University of Wisconsin	River Falls, WI
University of Wisconsin-Stout	Menomonie, WI
University of Wisconsin	Whitewater, WI

SOUTHEAST

Division I

University of Florida	Gainesville, FL
George Washington University	Washington, DC
University of Georgia	Athens, GA
James Madison University	Harrisonburg, VA
University of Kentucky	Lexington, KY
University of Maryland	College Park, MD
University of North Carolina	Chapel Hill, NC
North Carolina State University	Raleigh, NC
Radford University	Radford, VA
Towson State University	Towson, MD
West Virginia University	Morgantown, WV
College of William & Mary	Williamsburg, VA

MIDWEST

Division I

Arizona State University	Tempe, AZ
University of Arizona	Tucson, AZ
Brigham Young University	Provo, UT
University of Denver	Denver, CO
University of Nebraska	Lincoln, NE
University of Oklahoma	Norman, OK
Southern Utah University	Cedar City, UT
Utah State University	Logan, UT
University of Utah	Salt Lake City, UT

Division II

Texas Woman's University	Denton, TX
U.S. Air Force Academy	USAF Academy, CO

WEST

Division I

Boise State University	Boise, ID
University of California	Berkeley, CA
Univ. of California-Davis	Davis, CA
University of California	Los Angeles, CA
Univ. California-Santa Barbara	Santa Barbara, CA
Calif. State University-Fullerton	Fullerton, CA
Calif. State Univ.-Sacramento	Sacramento, CA
Oregon State University	Corvallis, OR
San Jose State University	San Jose, CA
Stanford University	Stanford, CA
University of Washington	Seattle, WA

Division II

University of Alaska-Anchorage	Anchorage, AK
Seattle Pacific University	Seattle, WA

1996 NATIONAL WOMEN'S COACHES OF THE YEAR

Val Kondos, UCLA (Div. I)
Frank Kudlac, Texas Woman's (Div. II)
Dick Stapleton, R.I. College (Div. III)

1996 Women's Regional Coach of the Year

Northeast: Brice Boggan, Kent State
Southeast: Leah Little, Kentucky
Central: Kathie Klages, Michigan State
Midwest: John Spini, Arizona State
West: Jim Turpin, Oregon and Sam Sandmire, Boise State

1996 Women's Regional Assistant Coach of the Year

Northeast: Steve Craig, Pittsburgh
Southeast: Tom Meyers, Kentucky
Central: Tim Rivera, Michigan State
Midwest: Rob Drass, Nebraska
West: Mark Cook, UCLA and Dick Foxal, Oregon

1997 Important Dates:

April 17-19	Women's NCAA National Championships at the University of Florida
April 10-12	USA Gymnastics Collegiate Championships (W/M) at Seattle Pacific University
April 12	USA Gymnastics National Invitational Tournament at the University of Iowa

NATIONAL ASSOCIATION OF COLLEGIATE GYMNASTICS COACHES/WOMEN

1996 TOP 50 SCHOLASTIC RANKINGS & SCHOLASTIC ALL-AMERICAN AWARDS

Scholastic All-American Teams

1	Ball State University	3.98150
2	Western Michigan University	3.96900
3	Southern Utah University	3.93800
4	George Washington Univ	3.88900
5	University of Michigan	3.87400
6	University of Nebraska	3.87200
7	University of Denver	3.86650
8	Yale University	3.85000
9	Texas Women's University	3.84600
10	University of Bridgeport	3.79100
11	Central Michigan University	3.77000
12	Iowa State University	3.75300
13	University of Pennsylvania	3.73000
14	University of Georgia	3.71000
15	James Madison University	3.70700
16	Cornell University	3.69420
17	University of Iowa	3.67800
18	Cal State Fullerton	3.67700
19	Utah State University	3.65000
20	Louisiana State University	3.64900
21	Univ of North Carolina Chapel Hill	3.64900
22	University of Alabama	3.64600
23	University of Alaska Anchorage	3.64400
24	Oregon State University	3.63420
25	University of Washington	3.63000
26	Towson State University	3.62900
27	Southwest Missouri State Univ	3.61500
28	University of Minnesota	3.61000
29	Brown University	3.60000
30	University of Illinois Champaign	3.59500
31	University of California Berkeley	3.57400
32	Boise State University	3.56860
33	College of William and Mary	3.55930
34	Univ of California Santa Barbara	3.55000
35	University of Pittsburgh	3.54460
36	San Jose State	3.54000
37	University of Vermont	3.53040
37	West Virginia University	3.53000
39	Penn State University	3.52600
40	Kent State University	2.98000
41	Univ of California at Los Angeles	2.97340
42	University of New Hampshire	2.97000
43	Michigan State University	2.92800
44	Ohio State University	2.92000
44	University of Illinois-Chicago	2.92000
46	University of Florida	2.91200
47	California State Univ Sacramento	2.90000
48	University of Rhode Island	2.89330
49	Northeastern University	2.87000
50	University of Kentucky	2.77000

Scholastic All-American Individuals

(Due to space constraints only individuals with a 3.900 and up are listed)

Melinda Bloedlo	U of I-Chicago	4.0000
Kimberly Duhaun	U of Neb Lincoln	4.0000
Kara Eastmus	Towson	4.0000
Laura Hambly	Ball State	4.0000
Diane Henkel	Western Michigan	4.0000
Lisa Kurz	Univ of Georgia	4.0000
Sara Lukmuskelle	Towson State	4.0000
Adrienne Marengo	West Virginia Univ	4.0000
Amy Meyerson	Univ of Florida	4.0000
Jessica Nonnemacher	West Virginia Univ	4.0000
Kristin Quackenbush	West Virginia Univ	4.0000
Emily Swenk	Utah State Univ	4.0000
Susan Talbot	Bowling Green State	4.0000
Jay Taylor	U of Neb Lincoln	4.0000
Monique Taylor	Texas Women's Univ.	4.0000
Anne Marie Vanzella	Oregon State	4.0000
Sadie Warren	Texas Women's Univ.	4.0000
Heather Warner	Boise State	4.0000
Meredith Willard	Univ. of Alabama	4.0000
Megan McNulty	George Washington	3.9900
Kathryn Sutter	U of Missouri Columbia	3.9820
Jodi Talbot	Southern Utah Univ	3.9650
Lynn Dameron	Univ of William and Mary	3.9610
Heather Osowski	Northeastern Univ	3.9640
Elizabeth Claxton	University of Kentucky	3.9600
Kim Mazza	Iowa State University	3.9600
Alice Kruk	Bowling Green State	3.9530
Molly Northrop	University of Utah	3.9500
Sandra Satchenson	U of California Berkeley	3.9500
Kelly McKenna	U of Missouri-Columbia	3.9470
Kristie Sinkenheimer	George Washington Univ	3.9300
Amber Gurkoff	Central Michigan Univ.	3.9300
Monae Lakalawaka	George Washington	3.9300
Kim Parsons	Univ of New Hampshire	3.9300
Melanie Sanford	Yale Univ	3.9200
Maree Ventura	Western Michigan	3.9100
Tracy Owens	Ball State University	3.9030
Shelly Bartlett	U of Nebraska-Lincoln	3.9000
Betsy Cravens	Ohio State Univ	3.9000
Emily McKee	U of Illinois-Chicago	3.9000
Theresa Shaw	Univ. of Kentucky	3.9000

Ball State University Women's Gymnastics Team

LOUISIANA STATE UNIVERSITY'S KRISTY SAVOI HONORED

Fifty-one state-level winners of the NCAA Woman of the Year Award were announced. Louisiana State University's Kristy Savoi was the only gymnast of the 51 winners. The award honors outstanding female student-athletes who have excelled in academics, athletics and community leadership.

Congratulations Kristy!

MEN'S COLLEGIATE GYMNASTICS HONORS 1996

Coach of the Year: Peter Kormann, Ohio State University

Assistant Coach of the Year: Miles Avery, Ohio State University

Eastern Regional Coach of the Year: Cliff Gauthier, William & Mary

Western Regional Coach of the Year: Barry Weiner, Univ of California-Berkeley

Mid-West Coach of the Year: Francis Allen, University of Nebraska

Mid-East Coach of the Year: Peter Kormann, Ohio State University

Rick Atkinson, Michigan State University

CJ Johnson, University of Illinois-Chicago

NCAA Championships for 1997

April 5	Eastern Regionals U.S. Military Academy	April 5	Western Regionals Univ. of New Mexico
		April 17-19	NCAA Championships University of Iowa

Dick Aronson
USA Gymnastics Collegiate Liaison

Colleges that offer Men's Collegiate Gymnastics Programs

Brigham Young University
College of William and Mary
James Madison University
Massachusetts Institute of Technology
Michigan State University
Penn State University
San Jose State University
Southern Connecticut State University
Springfield College
Temple University
The Ohio State University
Stanford University
Syracuse University
U.S. Air Force Academy
U.S. Military Academy
U.S. Naval Academy
University of California Berkeley
University of Illinois
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University of Massachusetts
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University of Oklahoma
University of Vermont

Note: Scholarships and/or other similar grants may be available at the above schools. Prospective student-athletes are encouraged to contact the institution of their choice.

MEN

BLAINE WILSON

Back as a Buckeye

Blaine Wilson, 22, has decided to go for his second NCAA all-around title. Wilson, who finished 10th all-around and seventh on rings at the Olympic Games, had to make a very important decision after the Games, whether to retain his NCAA eligibility at Ohio State or earn money for tour and other appearances. Wilson chose to retain his eligibility. Here's what he had to say about school and his experience at the Games:

"I'm a senior at Ohio State majoring in psychology I'll compete this year for OSU I decided to finish my eligibility at OSU because I want to graduate in 1998 and I want to try to make the 2000 Olympic Team I want to be able to learn new skills and it's hard to learn skills while you are on a 34-city tour I also couldn't stand being away from my dog BJ, who is half German Sheperd and half lab"

"The best part of the Olympics was the day of compulsory competition because we were all pumped up and ready to go We were focused and prepared Being in the 1996 Olympics motivated me to go for the 2000 Games. It was an awesome experience and I want to go back. The worst part was the whole process of training camp and waiting for the Games to begin. The anticipation"

Since he has returned from the Games, Blaine has played a lot of golf and has gone on a couple of the tour stops with his Olympic teammates

Good luck to Blaine at OSU!

STATUS OF MEN'S COLLEGIATE GYMNASTICS PROGRAMS

By Dick Aronson

The 1997 NCAA Convention will be held January 11-16 in Nashville, Tenn. At the Convention there will be a vote to protect the status and continue all men's and women's NCAA Championships of Olympic sports Currently, the NCAA Men's Gymnastics Championships is in place through 1999, but questionable after that time period due to the low number of schools that have gymnastics programs USA Gymnastics will let you know the outcome of the vote

If you'd like to help, inform your congressperson, senator and state government officials to contact Mr Cedric Dempsey,* Executive Director, NCAA, and/or your local university president, athletic director, or faculty representative, that you are in support of NCAA legislation #2-131 (to create a protected status to continue all men's and women's NCAA Championships in Olympic sports) that will be voted on during the 1997 NCAA Convention, January 11-16, 1997, in Nashville, Tenn

Hopefully those voting will realize the high visibility of the sport, the positive image of gymnasts, and the high graduation rate and service to the community attained by gymnasts

With the success in the 1996 Olympic Games (U.S men taking fifth and Jair Lynch winning a silver medal on parallel bars), it is important that sports such as men's gymnastics be given an opportunity to continue at the collegiate level

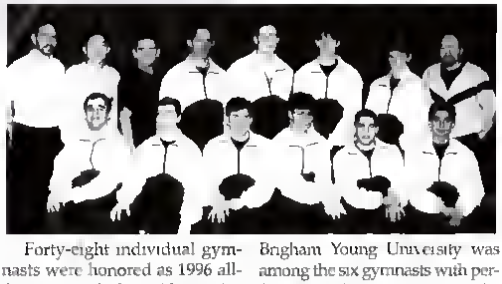
*Mr. Cedric Dempsey, Executive Director, NCAA, 6201 College Blvd., Overland Park, KS 66211-2422

MEN'S NCAA ACADEMIC CHAMPIONS

For the second time in three years, the Massachusetts Institute of Technology has been declared the national academic team champion for men's gymnastics by the College Gymnastics Association.

The College Gymnastics Association's academic top 15 with their corresponding GPA (4 0 scale)

1	MIT	3.543
2.	BYU	3.399
3	Oklahoma	3 237
4	Air Force	3 215
5	UC Berkeley	3 151
6	William & Mary	3 132
7	Iowa	3 090
8	Syracuse	3 018
9	Ohio State	3 007
10	Navy	2 997
11	Vermont	2.967
12	Nebraska	2.924
13	Santa Barbara	2 916
14	New Mexico	2 885
15	Temple	2 869



Left: MIT Men's Varsity Gymnastics Team

Forty-eight individual gymnasts were honored as 1996 all-America scholar-athletes for earning at least a 3 50 grade point average while attaining a minimum NCAA scoring average of 8 5 during the 1996 season Navy's Arlen Hanle, New Mexico's Blaz Pulje and Santa Barbara's Andre Zimmerman have been declared academic all-Americas for the fourth straight year NCAA rings champion Scott McCall of William and Mary, NCAA vaulting champion Jay Thornton of Iowa and NCAA high bar champion Carl Imhauser of Temple earned academic all-America designation Nissen Award winner Darren Elg of Brigham Young University was among the six gymnasts with perfect 4.0 grade point averages The complete list of honorees follows

Jonathan P Cubitt	Illinois	4 00
Darren Elg	BYU	4 00
Jeremy Killen	Oklahoma	4 00
Peter Lombard	Navy	4 00
Peter Musuca	Iowa	4 00
Chris McGone	Illinois	4 00
Rob Bumpint	BYU	3 97
Ofri Porat	Syracuse	3 96
Jay Thornton	Iowa	3 96
Sean Jugulian	Iowa	3 94
Neil A. Niemi	Ohio State	3 93
Theodore Norris	Nebraska	3 92
Andy Fulmer	Massachusetts	3 90
David Schneck	Temple	3 90
Scott Henack	Syracuse	3 90
Geoffrey M Jensen	Air Force	3 90
Kenneth Sykes	Temple	3 89
Ben Nordby	BYU	3 88
Andre Zimmerman	Santa Barbara	3 86
Casey Bryan	Oklahoma	3 84
Kyle Quigley	Western Michigan	3 83
Joe Boomer	Penn State	3 83
Darin Gerlach	Temple	3 82
Chad Fineblack	Ohio State	3 81
James Abbatiello	Vermont	3 80
Marshall Nelson	Nebraska	3 79
Jason Newman	Michigan State	3.77
Brad Ponazza	Illinois	3.76
Gareth Robinson	Illinois-Chicago	3 75
Arlen J. Hanle	Navy	3 73
Blaz Pulje	New Mexico	3 72
Garret Bowland	Oklahoma	3 71
Dan Fink	Oklahoma	3 71
Steve Piyot	Massachusetts	3 69
Mike Plourde	Massachusetts	3 67
Greg Gebhardt	Iowa	3 65
Matthew M Holecko II	William & Mary	3 64
Scott W McCall	William & Mary	3 64
Greg McGlaun	Illinois	3 63
Stephen P Dvoranchik	William & Mary	3 63
Carl Imhauser	Temple	3 60
Jon Randall Frederick	James Madison	3.60
Chad A. Silva	Air Force	3 60
Ethan Sterk	Michigan State	3 58
Aaron Cotter	Iowa	3.58
Tim Gorgon	New Mexico	3 56
James Kozel	Nebraska	3 52
Gray Wetzler	Santa Barbara	3 52
Paul G Dewe	William & Mary	3 52

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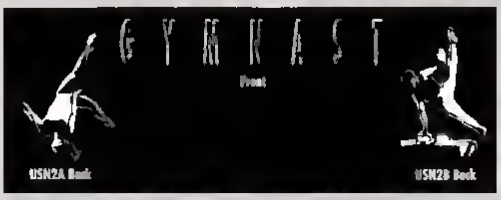


Awesome mens or womens black tee White design **USN2A.** Women's *Aerial* YL AS AM AL XL **$17.95** long-sleeve **$21.95**
USN2B *Man's Flair* YL AS AM AL XL **$17.95** **USN2C. (Not Shown)** *Gymnast's Journal, an Aerial* design **$6.95**

USN3. Sophisticated colors, graceful figures make a perfect shirt White tee AS AM AL XL **$18.95**

USN4 Ferre's green beam tee with white chalk design. YL, AS, AM AL XL **$17.95**

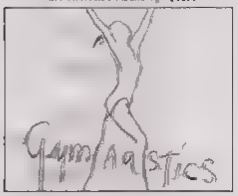
USN5A. Blue green tank leotard boxers YM YL AS AM AL XL **$15.95**
USN5B Navy Shadow shirt with white design Tee YL AS AM AL XL **$15.95**
Sweatshirt AS AM AL XL **$23.95**

USN6A. Grey flannel boxers with red green navy YM YL AS AM AL XL **$15.95**
USN6B Matching white tee with red logo YL, AS AM, AL, XL **$15.95**

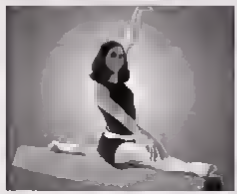
USN7A. Cat white tee with black green design YL AS AM AL XL **$17.95**
USN7B. (Not Shown) White mug, 10 oz. **$7.50**
USN7C. (Not Shown) Furry 9" cat in green leotard with removable arms and legs **$9.95**

USN8A. Women's *Life Is* white shirt with red, black design. Tee YL, AS, AM, AL, XL **$16.95**
Sweatshirt AS, AM AL, XL **$23.95**
USN8B Men's *Life Is*... white tee with blue, black design YL, AS, AM, AL, XL **$16.95**

USN9A. ABC's *Gymnastics Greatest Stars* with Mart Connor Nadia Comaneci **$25.00**
USN9B. *Gymnastics Greatest Champions* from the 1996 National Championship **$25.00**
USN9C. *America's Greatest Gymnasts* a 1996 special commemorative edition. **$22.95**
Limited quantities of past years' videos available.



Embroidered French blue short with navy design
USN10A. Tee AS AM AL XL **$20.95**
USN10B Heavyweight sweatshirt AS AM AL XL **$29.95**
USN10C. (Not Shown) Red nylon insulated lunch bag with above design in black. **$9.95**



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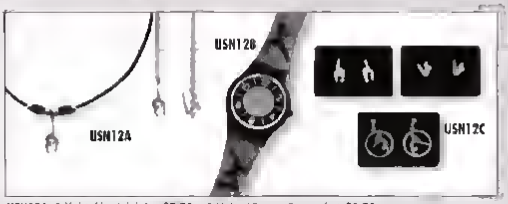

USN12A. Gold-plated beaded choker **$9.95** or Gold-plated Beam or Bars pendant **$8.95**
USN12B. Sand sport watch Red vinyl band Mick design **$11.95**
USN12C. Gold-plated Beam or Bars earrings **$9.95** or post dangle earrings **$12.50**

USN13A. *I Flip* converts gym bag in pink white purple 13" × 8" **$13.95**
USN13B. Gear black nylon gym bag with white design. 10" × 18" **$14.95**

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*U.S. Shipping costs:

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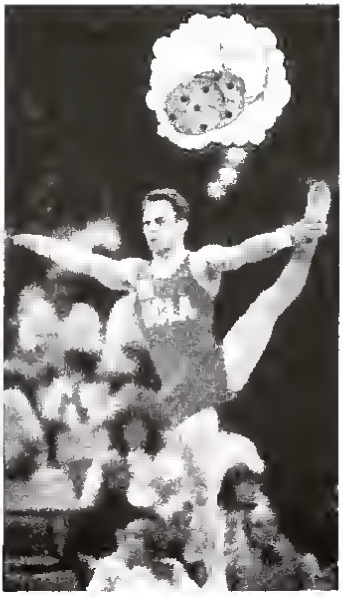
FOOD Cravings

By Michelle Dusserre-Farrell, R.D.
1984 Olympic Silver Medalist



Do you have visions of sugarplums dancing in your head?

For some it's just a Christmas thought, but for others having a craving or a sweet tooth is a real problem. For the athlete, it can create some obstacles in making smart food choices. Because athletes don't have much room in their diet to make bad food choices, satisfying cravings for cookies, candy, ice cream, or potato chips can be challenging.

There are different reasons why athletes have food cravings. Some scientists have found that athletes who overtrain may have cravings for carbohydrates, due to the higher demand on the amino acid tryptophan, which may play a role in regulating appetite. For women, another reason for appetite changes can also be explained by the fact that during certain phases of the menstrual cycle, energy needs can increase by 350-500 calories. This can create more hunger which in turn can lead to cravings for high-fat, high sugar foods.

So what do you do if you are having an attack of the munchies? The most important thing to remember is that you shouldn't wait too long to satisfy a craving. If the food you are craving is available, it is okay to indulge a little as long as you remember to be aware of your portions. It is when you wait too long to satisfy a craving that a 200 calorie snack can turn into an 800 calorie snack. Trying to ignore a craving can lead one to overeating high-fat, high-sugar, nutrient-poor foods.

Some scientists have found that athletes who overtrain may have cravings for carbohydrates, due to the higher demand on the amino acid tryptophan, which may play a role in regulating appetite.

IF YOU ARE CRAVING SOMETHING SWEET,
here are some options:
- Pre-sweetened dry cereal
- Low fat muffins
- Hot chocolate
- Fig bars
- Fruit
- Low fat yogurt

IF YOU ARE CRAVING SOMETHING SALTY,
here are some options:
- Popcorn
- Soup
- Celery
- Low fat crackers
- Low fat potato chips
- Pretzels

There are many fat-free cookie and snack products on the market, but remember they are usually very high in sugar and very poor in nutrients. You can choose these as craving-busters, but just because they are low or nonfat doesn't mean they can be eaten in place of nutrient-dense foods. It is important to satisfy cravings but it is just as important to eat well-rounded meals that are high in carbohydrates, low in fat and packed with nutrients.

Even current and former USA National Team Gymnasts have occasional food cravings. When asked what foods they crave here's what they had to say:

SCOTT KESWICK
Cookies (preferably chocolate chip) and milk!

WENDY BRUCE
Twizzlers and JuJu Fruits

DOMINIQUE MOCEANU
Chocolate chip cookies

JAYCIE PHELPS
Frozen yogurt

JOHN ROETHLISBERGER
Donuts

JOHN MACREADY
Mom's homemade derby pie (like pecan pie but with a layer of chocolate on the bottom).

JENNIE THOMPSON
Rocky road ice cream from Broum's

ANDREE PICKENS
Strawberry frozen yogurt

AMANDA BORDEN
Pizza with veggies only or peanut butter

BLAINE WILSON
Grandma's chocolate cream pie

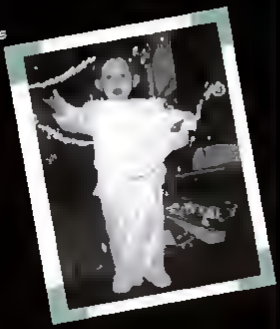
KERRI STRUG
Frozen yogurt, cheese pizza, chicken caesar salad, fat free muffins

FOR OUR COLOR CATALOG....LOOK FOR CARTWHEELS' OTHER AD IN THIS ISSUE.....ASK

YOU'VE COME A LONG WAY, BABY!

Baby snapshots taken straight from your favorite athletes' personal family albums... GUESS WHO! This issue's mystery athletes are top level gymnasts. Using the clues below, can you figure out who they are?

- This gymnast was the next in line to make the 1996 Olympic Games women's gymnastics team.
- She's 15 years old and trains in Colorado Springs, Colo., at Colorado Aerials with Tom and Lori Forster.
- She was a member of the 1995 bronze-medal winning World Championships team.



WHO IS SHE?

FIND ANSWERS ON PAGE 42!

- This gymnast's last name rhymes with VINE and he was the next in line to make the 1996 Olympic Games men's gymnastics team.
- He's from Houston, Texas, but trains at Stanford University with coach Sadao Hamada.
- He was a member of the 1995 World Championships team and won the 1994 Pacific Alliance Championships competition.

WHO IS HE?

EVENT SCHEDULE

(Dates & Events Subject to Change or Cancellation)

NOVEMBER

15 21	Pacific Alliance Championships (M/W)	Kuala Lumpur, MAS
23 30	FIG Intercontinental Judges' Course (R)	Lahti, FIN

DECEMBER

3-9	PAGU Jr Championships (M/W/R)	Guatemala City, GUA
TBD	PAGU Congress (M/W/R)	Guatemala City GUA
5-8	National TOP Training Camp (W)	Tulsa, OK
6-8	GymFest (GG)	Anaheim CA
8-15	FIG Intercontinental Judges Course (M)	Seattle WA, USA
20-21	Israel's Open Gymnastics Championships (Peace Tourn) (M/W)	Tel Aviv, ISR
TBD	OTB Pokal (M/W)	Stuttgart, GER

JANUARY 1997

2-5	FIG Continental Judges' Course (M)	Albuquerque NM
8-12	FIG Continental Judges' Course (W)	Indianapolis IN
15-19	USA Gymnastics Brevet Judges Course (W)	Indianapolis IN
25	Reese's International Gymnastics Cup (M/W/R)	Anaheim CA

FEBRUARY

8-9	Rhythmic Challenge (R)	Colorado Springs, CO
14 15	USA Gymnastics Winter Cup Challenge (M)	Battle Creek, MI
27 Mar 1	McDonald's American Cup (M/W)	Ft Worth TX

MARCH

1	International Competition (R)	TBD
2	Int'l 3 on 3 Gymnastics Championships (M/W/R)	Ft. Worth TX
14 16	American Classic (W)	TBD
21 22	International Team Championships Jr/Sr (M/W)	Cincinnati, OH
22 23	Level 10 State Meets (W)	Various Sites

APRIL

4 5	Rhythmic East/West Championships (R)	TBD
4 5	American Challenge National Elite (W)	TBD
5	NCAA Regionals (W)	Various Sites

*=Tentative
Special Events Director: Jeff Olsen

1997 NBC SPORTS TELEVISED EVENTS

BROADCAST: Feb. 1 2:30-4:00 p.m.
Reese's International Gymnastics Cup
Arena in Convention Center Arena
EVENT DATE: Jan. 25
Anaheim, California

BROADCAST: Mar. 1 4:00-5:00 p.m. (1 hour TBA)
McDonald's American Cup
Tarrant County Convention Center Arena
EVENT DATE: Feb. 27–Mar 1
Fort Worth, Texas

BROADCAST: Mar 8 TBA (1 5 hours)
International 3 on 3 Gymnastics Championships
Tarrant County Convention Center Arena
EVENT DATE: Mar. 2
Fort Worth, Texas

BROADCAST: April 12 (M) April 19 (W) TBA (4 hours)
International Team Championships
USA vs. China vs. Russia
Cincinnati Riverfront Coliseum
EVENT DATE: Mar. 21-22
Cincinnati, Ohio

BROADCAST: Aug. 16 (M) Aug. 17 (W) TBA (3 hours)
Coca-Cola National Gymnastics Championships
McNichols Arena
EVENT DATE: Aug 13-16
Denver, Colorado

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LEVEL 10, AGE 10

1 Gymnastics Institute	148.600
2 Brown's Gymnastics	147.300
3 Colorado Aerials	145.900

1 Kimberly Gossett	GIEM	37.375
2. Katrina Waterman	AUR	37.175
3 Debbie Groom	GI	37.150
4 Kristi Selinger	GI	37.150
5 Dorynelvy Delgado	VEN	37.100

NATIONAL HIGH SCHOOL GYMNASTICS CHAMPIONSHIPS

107 GYMNASTS FROM 15 STATES COMPETED IN MARQUETTE, MICHIGAN

MEN'S TEAM COMPETITION

1 Texas
2 Illinois

WOMEN'S TEAM COMPETITION

1 Connecticut
2 Illinois

MEN'S ALL-AROUND

1 John Cox TX
2 Andy Heward TX
3 Tim Debo IL
4. Jared Willis, TX
5. Jim Mangum, VA
6 Nathan Tessmer, WI
7 Marmon Morrell NY
8 Garfield Hall NY

WOMEN'S ALL-AROUND

1 Michele Masten IL
2. Sydney Foster CT
3. Amanda Salacinski, MA
4 Erica Smith, CT
5. Jennifer Little, MN
6. Rachel Tschaunen, ME
7 Rachael Ciarlette, MA
8. Randi Gillespie, NY

10TH ANNIVERSARY LILAC INVITATIONAL

HOSTED BY EASTSIDE GYMNASTICS
ROCHESTER, NY

350 GYMNASTS FROM 20 TEAMS COMPETED

LEVEL 5 TEAM

1	Gym City	177.450
2.	GTC	176.150
3.	Bright Haven	176.000

LEVEL 5 7-8 YEAR OLDS

1	Natalia Kinsits	Buffalo	35.650
2	Tessara Webb	GTC	35.450
3	Michelle Stout	STGA	34.900

LEVEL 5 9-11 YEAR OLDS

1	Chi shona Mehka	GTC	35.550
2	Kristen Bourne	GTC	35.500
3	Kelly Rowart	Gym City	35.250

LEVEL 5 12+

1	Lindsey Wolf	Eagle	37.000
2	Stacey Royal	Bright Haven	35.700
3	Chera Smith	Eagle	35.500

LEVEL 6 TEAM

1	Elmira	177.750
2	Bright Haven	176.450
3	CNY	176.350

LEVEL 6 8-11 YEAR OLDS

1.	Meg Beacham	CNY	37.400
2.	Lauren Fegan	GTC	37.200
3.	Katelyn Schenkel	GTC	37.200

LEVEL 6 12+

1	Amanda Roth	Eagle	36.900
2.	Sarah Marzahn	Bright Haven	35.700
3.	Amy Urbanik	Hamburg	35.600

LEVEL 7 TEAM

1	GTC	147.200

LEVEL 7 8-11 YEAR OLDS

1	Natalia Epchultz	GTC	36.300
2.	Shelly Goldhardt	GTC	36.250
3.	Stephanie Sacco	GTC	36.000

LEVEL 7 12+

1	Anna Martin	GTC	36.200
2	Bridget Connelly	GTC	35.850
3	Genevieve DiPaolo	GTC	35.600

LEVEL R TEAM

1	STGA	140.350
2.	Gym City	139.525
3	Auburn	133.225

LEVEL R R-11 YEAR OLDS

1	Natalie Morse	Gym City	35.950
2	Alyssa Hahang	GTC	34.900
3	Tracy Fischler	STGA	34.875

LEVEL R 12+

1	Toni Sabin	STGA	35.250
2.	Rachel Stout	STGA	35.100
3.	Rena Cassidy-Dornin	Gym City	34.675

LEVEL 9/10 TEAM

1	GTC	142.525
2.	Westside	140.150
3.	Eastside	139.300

LEVEL 9 R-11 YEAR OLDS

1	Gina Zenaldi	GTC	35.525
2	Jenna Piatre	Westside	34.525
3.	Jill Bowman	Westside	34.075

LEVEL 9 12+

1	Kristen Gunther	Eastside	35.525
2.	Kristyn DeMarco	GTC	34.900
3.	Dania Squire	Westside	34.650

LEVEL 10 R-11 AGE GROUP

1	Bethany Mikolaff	GTC	35.350
2	Heather Moore	Gym City	34.750

LEVEL 10 12+ AGE GROUP

1	Sarah Yackel	WWU	36.600
2.	Paige Ozwacki	CNY	35.675
3.	Daniella Pawlow	Westside	34.725

ALTIUS GYMNASTICS ACADEMY

8TH ANNUAL HARVEST CLASSIC
SEPT. 14-15, 1996

LEVEL 5--SESSION I

8 & UNDER

1	Lyndsi Boone	Scamps	34.40
2	Kori Fitzmaurice	Scamps	31.65
3	Amy Reidy	Midwest Twisters	30.65

9 YEARS OLD

1	Tessara Wilkinson	M & M	34.75
2	Jessica Schultz	Scamps	34.55
3	Megan Veit	Scamps	34.40

10 YEARS OLD

1	Tara Wegner	North Shore	35.50
2.	Brittney Rivera	Scamps	34.90
3.	Katie Colombo	M & M	34.25

11 YEARS OLD

1	Teresa Dionne	Scamps	32.95
2.	Kayla Hamilton	Midwest	32.65
3	Kori Cannon	At the Mattress	32.10

12 & UP

1	Breanna Bakker	M & M	33.25
2.	Katie Rocky	M & M	30.85
3	Cindy Jaracki	M & M	30.45

SESSION 2

9 & UNDER

1	Jacqui Behrendt	Saito	34.00
2.	Samantha Sonnenberg	Saito	33.45
3	Kristen Zverlein	Saito	33.35

10 YEARS OLD

1	Nathalie Palasek	Midwest	34.25
2	Laura Knapik	Midwest	32.55
3	Erika Harmon	Midwest	32.15

11 YEARS OLD

1	Ali Bunting	North Shore	34.30
2	Rebecca Russell	Oshkosh Gym.	33.75
3	Courtney Oldenburg	North Shore	33.70

12 & UP

1	Elin Wilson	North Shore	33.70
2.	Amy Paul	Oshkosh Gym.	33.60
3	Jillian Tuxeman	North Shore	33.00

SESSION 3

9 & UNDER

1	Tiffany Martin	Lakes Area	32.05
2.	Lyndsey Rayfield	Lakes Area	30.70
3.	Kelli Bethany	C & G Flyers	28.90

10 YEARS OLD

1	Brittney Hasselbeck	Lakes Area	33.15
2.	Kelly Bauer	Saito	32.35
3.	Courtney Geyer	Gym Kids	31.10

11 YEARS OLD

1	Samantha Pulliam	Saito	31.75
2	Callie Johnson	Saito	31.25
3	Kendra Wills	Gym Kids	30.05

12 & UP

1	Rachel Scott	Saito	34.10
2	Leeta Thomas Bretha	Saito	33.70
3	Julie Zenk	Lakes Area	33.55

TOP 3 TEAMS

1	M & M	105.60
2	North Shore	105.50
3	Saito	105.25

LEVEL 6 SESSION 4

10 & UNDER

1	Lexin Mann	Gym Kids	33.75
2.	Kelcie Chiglo	At the Mattress	32.25
3.	Hillary Wilson	WI Academy	31.70

11-12 YEARS OLD

1	Andrea Rawicki	Gym Kats	34.75
2.	Courtney Edgar	Gym Kats	33.75
3.	Stephanie Tuvik	At the Mattress	31.80

13 & UP

1	Andrea Lloyd	Gym Kats	32.80
2.	Julie Oswald	Gym Kats	31.35
3.	Michelle Barth	Gym Kids	30.90

LEVEL 6 SESSION 5

10 & UNDER

1	Lauren Nowak	Altius	31.95
2.	Christy Chmielowski	Altius	31.85
3.	Heather Johnson	Scamps	31.45

11-12 YEARS OLD

1	Jessica Hetzer	North Shore	35.25
2.	Sunny Kokuch	North Shore	35.00
3.	Dana Wakuta	North Shore	33.55

13 & UP

1. Amber Sherfa	Scamps	33.50
2. Megan Murphy	North Shore	33.30
3. Amber Medebrom	Scamps	32.70

TOP 3 TEAMS

1. North Shore	134.90
2. Gym Kids	102.95
3. Allies	101.25

MISS AMERICA PERFORMERS

Twenty-one members of the Double 'D' Gymnastics Team from Media, Pennsylvania, participated in the 1996 Miss America Pageant. The gymnasts ages 6-19, performed in the "Spirit of '76' segment of the pageant focusing on Americas' future stars.

First row l-r: Lexi Mincer, Paul Fraunshlnder, Nicholas Joep, Carrlsn Rutz, Julie Bernsterfer, Samantha Downer, Danielle Japhet. Second row l-r: Nora Gibbons, Jessica Salvey, Ashley McNicholas, Matt Gibbons, Katie DiLullo, Colleen O'Connor, Dava Devine, Andrew Nebhut, Colleen Ryan, Casey DeVine, Amanda Parrott, Cheryl Livezzi, Alexandra McNicholas. Missing from photo: Anne Donnard.

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Faces in the gym

LINDSAY HARDING
DERRY, NEW HAMPSHIRE

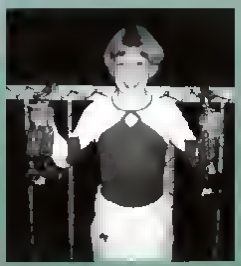
Lindsay 13 is training Level 8 at New England Gymnastics Training Center in Hudson N H She competed Level 6 during the past season and took first place nine times in the 11-13 age bracket Her most exciting accomplishments included taking first place all around in the New Hampshire State Winter Championships taking second place at the Niagara Cup and bringing home the first place trophy for a season-high all-around of 37 20 at the American Flyers Cup Invitational. Despite the many hours of training Lindsay finished seventh grade with high honors

ERIN AUST
CHICO, CALIFORNIA

Erin 10 has been in gymnastics since she was four years old She trains at Athletic Horizon and is coached by Candi Fernande. Erin has received several first place all-around awards including the 1995 Level 5 Zone and State Championships and the 1996 Flips USA Invitational held in Reno, Nevada. Erin is currently in Level 6 and is looking forward to a new season.

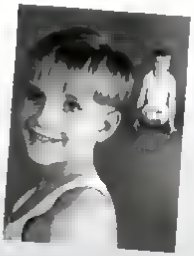
BRENANN STACKER
LINCOLNSHIRE, ILLINOIS

Brenann, 9, is a Level 7 rhythmic gymnast Brenann started rhythmic gymnastics at age 5 1/2 and trains at Illinois Rhythmics in Northfield Ill She also enjoys ballet, horseback riding and swimming She loves to write stories, listen to music, read and play with friends. Brenann's rhythmic role model is recently retired gymnast Caroline Hunt Brenann loves competing, especially traveling to competitions and meeting gymnasts from other teams. Brenann is looking forward to her optional rope routine because she gets a chance to choose her own music and add her own creative style to her routine



LEAH BOCINSKY
ROSWELL, GEORGIA

Leah of the Roswell Recreation's Gymnastics program 7-8 age group, won the all-around title at the State Championships held in Tucker Georgia. Leah scored an all around 34 05 in the Level 6 prep-optional competition; an 8 95 on floor exercise to place first in that event; and a 9 05 on beam for another first-place finish. Leah is now having fun learning her Level 8 skills.



CODY FOOTE
VANCOUVER, WASHINGTON

Cody, 7 1/2, is from Gold Star Gymnastics and is a Class VI gymnast. He has been in gymnastics for four years, since he saw the 1992 Olympics and decided he wanted to try out the sport. Cody and his teammate Justin Sears spent their first competition season with their coach Nasko. All their hard work paid off as they won many medals and ribbons while having a great time.

BRIANNA SALTER
BIRMINGHAM, ALABAMA

Brianna, 12, is coached by Joel Isaman. Brianna won the Alabama Level 6 State Meet all-around title with a 37.075. She placed first on vault (9.275), first on floor (9.425), second on bars (9.25), and third on beam (9.125). Brianna also won the all-around title in five of seven meets she competed in this season. She is looking forward to competing Level 7 and 8 this year. One of Brianna's most thrilling events was being at the Olympic Games in Atlanta watching the U.S. women win their first team gold medal.

IAN PASTOREK
ALBUQUERQUE, NEW MEXICO

Ian, 10, started gymnastics at age 3 and was on the pre-team at age 5. By the time he was 6 he started competing in Class VII. At age 7 he was competing in Class VI. His second year in this class he was the State Champion and had five first place all-around wins out of eight meets. In the 1995-96 competition season for Class V (at age 9), he won seven first place all-around titles and three second place all-around titles out of 10 meets. Ian was the State Champ with a score of 39.3 and the Regional Champ with a score of 37.95. He is now training Class IV at Albuquerque Gymnastics and is coached by Tom Ledbetter. Ian works hard at gymnastics and his dream is to one day be a part of the USA Gymnastics Olympic Team.

ALESHA MONET JOHNSON
SAN ANTONIO, TEXAS

Alesha, 13, trains as a Level 6 gymnast at Harris Unlimited Gymnastics School. In her Level 5 season, Alesha was undefeated. She finished first at State with a 9.65 on bars, 9.45 on beam, 9.525 on floor and a 9.10 on vault. Her all-around score was 37.725. Alesha is working hard for the Level 6 season and training for Level 8. She is coached by LaPrise, Barry and Michael Harris.

Would you like to be included in the Faces in the Gym section? Send a recent photo and a paragraph of information to: USA Gymnastics, Faces in the Gym, Pan American Plaza, 201 S. Capitol Ave., Suite 300, Indianapolis IN 46225

Photos can be black and white or color. Sorry, photos cannot be returned.

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USA VS. CANADA, JUNIOR DUAL COMPETITION

The 1996 USA vs. Canada Junior Dual Competition was held August 21 at the U.S. Olympic Training Center in Colorado Springs. The U.S. junior men were victorious over Canada by a margin of seven points scoring 270.45 to 263.45. Jason Gotsen (USOTC) scored the highest in the all around .54.20, followed by teammate Anthony Petrocelli (International Gymnastics) with a 53.50. Alexander Jeltkov of Canada took third with a 53.15. The other U.S. team members were Derek Leiter (Nebraska School of Gymnastics), Brett McClure (Cascade Elite Gymnastics), Jamie Natalie (Prestige Gymnastics), Jonathan Plante (Atlanta School of Gymnastics) and Ryan Roberts (Albuquerque School of Gymnastics). Chuck Chmelko, from Nebraska School of Gymnastics, was the head U.S. coach and Wayne Kerr of Cascade Elite was the assistant coach for the U.S. squad. The U.S. judges were Dean Schott (Colorado) and Bruce Temple (New York).

The U.S. juniors were obviously well prepared for the meet and the competit on featured some very strong performances along with some original and innovative skills. The most notable of these innovative skills was an original "E" move... stalder hop full turn to invert performed on the horizontal bar by Ryan Roberts.

The competition was followed by a week-long joint training camp between the Canadian team and the U.S. Junior National Team.

Canada and USA team members, for USA from l to r: Jonathon Plante, Jamie Natalie, Jason Gotsen, Derek Leiter, Ryan Roberts, Anthony Petrocelli, and Brett McClure

KASASAGI CUP RHYTHMIC COMPETITION

Up and coming rhythmic junior gymnasts Kate Jeffress and Amy Ng, along with their coach Catherine Yokhimovich, competed in the Kasasagi Cup in Japan September 18-24. More than 100 gymnasts from top countries such as Spain, Russia, Belarus, France and Canada competed in the event. Jeffress, 13, took ninth all around with a score of 33.95. She also made an event final and tied for sixth in the rope event with an 8.50. Ng, who turned 13 on Sept. 22, took 20th all around with a score of 32.00. Both gymnasts train at Rhythmflex Gymnastics in Rockville, Md.

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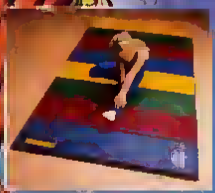
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THE FORMULA

$$\frac{[3(f+s) + 2b]\,(v+c+i)}{10} \times \sqrt{3p} = \text{Total Score}$$

By
Michael S. Yessis

(Reprint permission for "The World's Toughest Sport" Men's Fitness, March '96, Page 105)

Deciding which sport is the world's toughest is difficult. It requires knowledge and research. Time and patience. Science and the kind of math skills rarely seen outside a ninth-grade algebra class. Well, we have all of that, and we did our homework. We logged hours playing in the field. We interviewed elite athletes from former Soviet-bloc nations. We spent countless hours watching ESPN2. Eventually, we developed an exclusive formula—the formula—to determine the planet's toughest sport.

Now, on to the chalkboard. First, we ranked 40 sports in seven categories on a scale of one to 10 (10 is the highest possible score, with the "contact" category ranked from one to five). The categories are:

1. FITNESS (f).
The level of physical fitness you must have to participate.

2. SKILLS (s).
The complexity of the athletic skills necessary to compete.

3. BRAINS (b).
The mental toughness and intelligence needed, as well as the complexity of the sport.

4. PAIN (p).
Injury rate, plus or minus the potential for death.

5. CONTACT (c).
The chances of getting smacked by other participants (takes into account padding worn, too).

6. VENUE (v).
Where you play it. Climbing up a sheer rock face is tougher than playing table tennis in a rec room.

7. INTANGIBLES (i).
The little things. For instance, bull riders have no idea what the bull's temperament is that day. Or, the measure of how scared your significant other gets when you say you're going to play a particular sport.

Finally, we plugged the numbers into our special formula (see above), which gives each category its own level of importance. From there, we dusted off our slide rule. In a matter of hours, the results were in. Here they are.

1. GYMNASTICS
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Why? Male gymnasts may wear tights, but they score perfect 10's for fitness and athletic skills, and near-perfect marks for injury potential, mental toughness and difficult conditions. Let's see you spin in circles on the high bar, release, do a few flips and grab the bar again. Extra toughness points were awarded for the guy who survived a full-speed, chest-first plunge into the horse and for the Japanese

(continued on page 30)

Male gymnasts may wear tights, but they score perfect 10's for fitness and athletic skills, and near-perfect marks for injury potential, mental toughness and difficult conditions.

the world's toughest sport

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USA Gymnastics 1997 Calendar

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USA Team[illegible] Pocket Planner

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#1997 B
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Women's Team Poster

Women's team poster from Atlanta 1996 featuring Amanda Borden Amy Chow Dominique Dawes, Shannon Miller Dominique Moceanu Joycie Phelps and Kerri Strug
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Rhythmic [illegible]

Rhythmic team poster from Atlanta 1996 featuring Jessica Davis and the USA Rhythmic Group from Becky Turner, Chellen Sievers, Brandi Siegel Kate Nelson Mandy James and Alana Bageant
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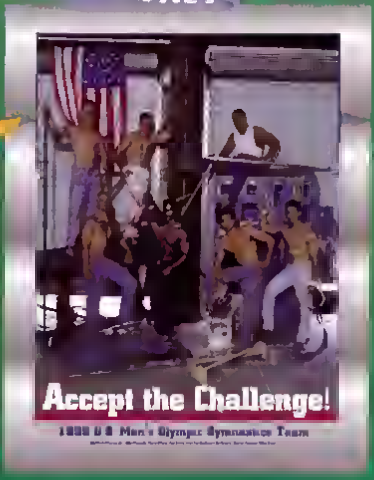

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WHAT'S HAPPENING WITH THE MAG 7!

10 MOST ASKED QUESTIONS

By Luon Peszek

So, they made history when they won the Olympic Gold Medal in Atlanta. What are the members of the women's Olympic gymnastics team doing now? How have things changed? What's in their future? We talked with them recently and a few things were unanimous—they're getting lots of mail, they're being asked for their autographs wherever they go, and they love the excitement!

HERE'S A LOOK AT WHAT'S HAPPENING WITH MEMBERS OF THE MAG 7!

#1 WHAT HAS WINNING THE GOLD MEDAL MEANT TO YOU?

Shoooee Miller: It's meant that all of my hard work finally paid off.

Amondo Bordeo: It proves to me that hard work pays off

Joycie Phelps: It has made all the long days in the gym and the ups and downs all worth it

Amy Chow: It means that I have accomplished my dream.

Dominiqoe Moceneo: It's a great accomplishment and I'm very happy

Borri Streg: It was an accomplishment of a lifetime goal and the fulfillment of a dream.

Domieiqoe Dowes: The gold medal has meant so much to me, but even without it, I would still be proud and satisfied with my Olympic Games experience.

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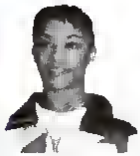
AMANDA BORDEN

AMY CHOW



DOMINIQUE DAWES

SHANNON MILLER

DOMINIQUE MOCEANU

JAYCIE PHELPS

KERRI STRUG

#2 WHAT HAS WINNING THE GOLD MEDAL MEANT TO THE SPORT?

MY HOMETOWN OF EDMOND MADE THIS NEW SIGN THAT NOW STANDS AT THE MAJOR ENTRANCE INTO THE CITY

Shaeeon Miller: It means a great deal to the sport because it showed we can accomplish anything with teamwork!

Amanda Borden: I think it's good for the sport because we are a very healthy athletes who are also very successful.

Jaycie Phelps: I think a lot of people now realize that gymnastics is a great sport for kids.

Amy Chow: It means increasing interest in the sport.

Domeique Mceeeu: It has brought a lot of success to the sport.

Kerri Strug: It has shown gymnastics in a positive light and I think more people will participate in the sport.

Domeique Dawes: Women's gymnastics is now respected worldwide. I guess we all know now that teamwork is the key to success.

#3 WHAT HAS BEEN THE BEST PART OF WINNING THE GOLD MEDAL?

MY HIGH SCHOOL HONORED ME AT A PEP RALLY AND NAMED THE ROAD LEADING TO THE SCHOOL "JAYCIE PHELPS DRIVE!" I WAS ALSO NAMED "ATHLETE OF THE WEEK."

Shaeeon Miller: Being part of history. Also hearing the national anthem being played.

Amanda Bordee: All the great opportunities.

Jaycie Phelps: Getting to meet all the famous people like Bruce Willis, Demi Moore, the President, Hillary and Chelsea Clinton, Jamie Lee Curtis, the Dream Team, and doing all the things you never dreamed of doing.

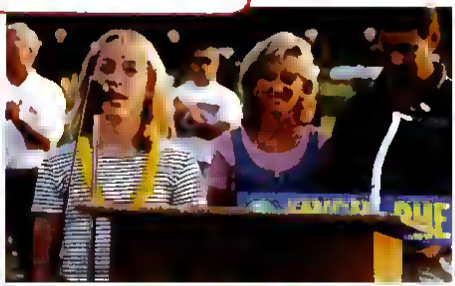
Amy Chow: My own satisfaction and feeling of pride.

Domeique Mocennu: The best part of winning is feeling proud for your country.

Kerri Strug: All the opportunities that have come from our team victory!

Domeique Dawes: Being part of history and knowing the 13 year journey brought me to a memorable destination.

MORE ON PAGE 29!



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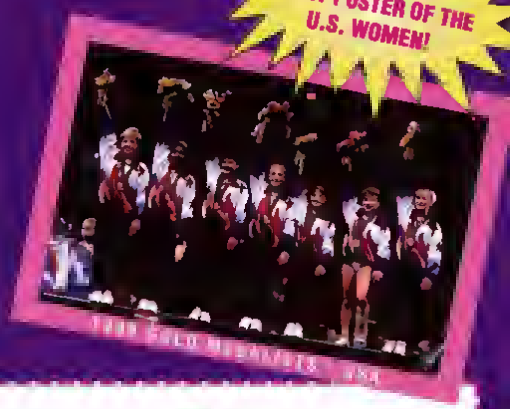

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(Mag 7 continued from page 27)

#4 WHAT IS THE MOST EXCITING THING YOU HAVE DONE SINCE THE GAMES?

I PARTICIPATED IN THE JOHN HANCOCK TOUR OF WORLD CHAMPIONS EXHIBITION. HERE IS A PICTURE OF ME DURING THE SMOKEY JOE'S ROUTINE

Shannon Miller: Participating in the John Hancock Tour of World Champions exhibition, and being a guest on talk shows such as the Conan O'Brien show and the David Letterman show. Also, I was selected for the Rose Bowl Parade Grand Marshall with Carl Lewis.

Amanda Bordee: Went on a vacation to the Cayman Islands!

Jaycie Phelps: Going to the Celine Dion concert in Cincinnati! Celine brought us (Amanda Borden and I) up on stage and sang "The Power of the Dream" to us.

Amy Chow: Touring the country on the John Hancock World of Gymnastics Champions show.

Dominique Moceanu: Being on the Sally Jesse Raphael show and the Letterman show.

Kerri Strug: It's hard to pick just one thing. It was an honor to be invited to the President's 50th birthday party. I enjoyed appearing on television shows. I had a great time going to professional football games, and I'm looking forward to starting college.

Dominique Dawes: I have been able to spend time with my family and friends without having to always watch the clock to go to gym. Also the John Hancock tour, which is a new experience for me.

#5 WHO IS THE MOST EXCITING PERSON YOU'VE MET SINCE THE GAMES?

Shannon Miller: I've met so many I couldn't say.

Amanda Bordee: Celine Dion

Jaycie Phelps: Celine Dion, Reggie Miller and Charles Barkley

Amy Chow: The President

Dominique Moceanu: Demi Moore, Bruce Willis, Dream Team

Kerri Strug: Tom Hanks, President Clinton and the rest of 90210

Dominique Dawes: I have met a lot of celebrities since the Games but the most exciting people are definitely the young fans.

I MET A LOT OF FAMOUS PEOPLE INCLUDING SINGER/ACTRESS BRANDI AND TENNIS STAR ANDRE AGASSI

WE JOINED CELINE DION ON STAGE DURING A CONCERT AND THEN WE WERE INVITED BACKSTAGE AFTER THE SHOW. COOL!

#6 WHAT'S IT LIKE TO SEE YOUR FACE ON THE COVER OF THE WHEATIES BOX, ON T-SHIRTS, POSTERS, ETC?

Shannon Miller: Very exciting and a little overwhelming.

Amanda Bordee: It's weird, but neat!

Jaycie Phelps: It's great to know that I'm a role model to young kids now.

Amy Chow: Surprising

Dominique Moceanu: It's exciting to know that I've accomplished all this and all the hard work paid off.

Kerri Strug: It's strange to see my face every where. It's a real honor to be on the Wheaties box.

Dominique Dawes: It feels golden. Something I know we've all earned.

THE CITY OF CAMPBELL AND THE CITY OF SAN JOSE HELD A PRESS CONFERENCE TO HONOR MY OLYMPIC ACCOMPLISHMENTS. I ALSO PARTICIPATED IN A FUNDRAISER AUCTION DINNER FOR THE CHINESE HISTORICAL SOCIETY

#7 WHAT ARE YOU DOING NOW?

Shannon Miller: Professional competitions, John Hancock Tour

Amanda Borden: The John Hancock Tour and then I want to spend time with my family.

Jaycie Phelps: John Hancock Tour, school and relax

Amy Chow: John Hancock Tour, answering fan mail, correspondence classes, maybe going to Hong Kong

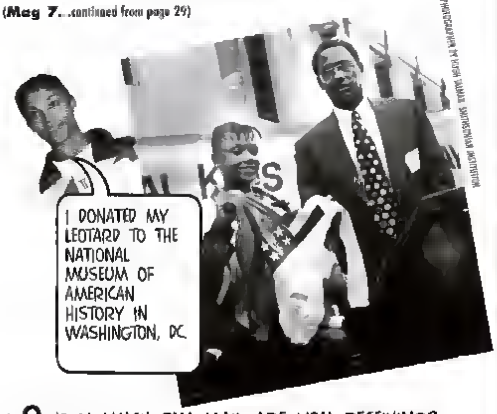
Dominique Moceanu: John Hancock Tour, going to school full time, and being with my friends

Kerri Strug: I'm attending classes at UCLA during the week. On weekends I'm participating as a guest star with the Ice Capades and I'm traveling with the 1996 World Gold Gymnastics Tour. I'm working to finish my children's book, "Heart of Gold."

Dominique Dawes: I'm doing the John Hancock Tour, professional competitions, and maybe a career change.

(continued on page 30)

(Mag 7... continued from page 29)



PHOTOGRAPH BY KEVIN HORAN, SMITHSONIAN INSTITUTION

#8 HOW MUCH FAN MAIL ARE YOU RECEIVING?

Shannon Miller: Too much to count.

Amende Borden: Tons! I always read them. It takes me a while to write them back though.

Joycie Phelps: I receive at least five letters a day and I will answer every one of them. It may take me a little while though.

Amy Chow: A lot — hundreds.

Domiuique Moceanu: A lott More than 10,000 letters.

Kerri Strug: About 100 letters a week or more.

Dominique Dawes: So much that I haven't had a chance to respond to them yet.

#9 & 10 WHAT ARE YOUR FUTURE PLANS? ARE YOU PLANNING TO STAY COMPETITIVE IN THE SPORT AND ARE THE 2000 OLYMPIC GAMES A POSSIBILITY FOR YOU?

Shannon Miller: College and professional competitions. The year 2000 is a little far off to say.

Amnndn Borden: I'm going to do the tours and professional competitions for as long as I'm having fun and then I'll go to college.

Juycie Phelps: Yes, I plan to compete and 2000 is always a possibility.

Amy Chow: I will do professional competitions for a year and then I'll go to Stanford in the fall of 1997.

Domieique Moseenu: Maybe to continue training and competing. 2000 is a possibility so we'll see.

Kerri Streg: I will perform professionally and help the UCLA Women's Gymnastics Team as an assistant volunteer coach. 2000 is a long time from now. I'm definitely not going to rule it out.

Dominique Duwes: My future plans are to 1) go back to school, 2) career change! 3) stay in good shape and 4) keep myself happy. Only professional competitions are in my future. I'm not sure what I'm going to be doing four years from now.

Many readers have asked where they can write to the U.S. Women's Olympic Team. Well, here's the updated addresses!

AMANDA BORDEN
c/o Cincinnati Gymnastics Academy
3330 Port Union Rd., Fairfield, OH 45014

AMY CHOW
c/o Advantage International
1751 Pinnacle Dr. Suite 1500,
McLean, VA 22102

DOMINIQUE DAWES
c/o Hill's Angels
7557 Lindbergh Dr.,
Gaithersburg, MD 20879

SHANNON MILLER
P.O. Box 5103, Edmond, OK 73083-5103

DOMINIQUE MOCEANU
P.O. Box 90908, Houston, TX 77290-0908

JAYCIE PHELPS
c/o Cincinnati Gymnastics Academy
3330 Port Union Rd., Fairfield, OH 45014

KERRI STRUG
P.O. Box 34-B, Balboa Island, CA 92662

(Toughest Sport... continued from page 22)

Olympic medalist who dismounted from the rings with a broken leg.

2. IRONMAN TRIATHLON
(566.6)

Why? You have to swim 2.4 miles in rough ocean water, pedal 112 miles on your bike and then run a marathon. Any doubters?

3. ROCK CLIMBING
(558.8)

Why? You need a high level of fitness and mental toughness—the sport is sometimes referred to as physical chess. And you need all this while you're a few hundred feet in the air, clinging to a rock that can be smooth as silk, or as crumbly as a saltine cracker.

4. ICE HOCKEY
(524.9)

Why? A good player has speed, finesse, power, fitness, stamina, quickness and guile. And he's got to display them all while 230-pound defensemen try to crush him into the boards. Probably the sport most likely to knock your teeth out.

5. BULL RIDING
(523.4)

Why? Scores high on injury rate and chance of death, as well as brutal and unpredictable conditions. Mentally, you've got to be all there for eight seconds. The brains score drops, though, because you've got to be a bit wacky to actually try riding an angry bull.

6. BOXING
(503)

The early favorite loses points in the brains and skills categories.

7. RUGBY
(489.4)

See boxing.

8. DECATHLON
(475.4)

They don't call decathlon champions the world's greatest athletes for nothing.

9. WATER POLO
(474)

It's like playing basketball while treading water.

10. FOOTBALL
(465.7)

Another early favorite loses points because skills at many positions are finite and specialized. Many positions also score low in the brains category.

THE REST OF THE PACK:

BASKETBALL	462.0
MOUNTAIN BIKING	449.9
SURFING	420.9
WRESTLING	405.4
SOCCER	398.0
MARATHON	374.1
LACROSSE	371.6
ROAD BIKING	327.4
TENNIS	302.5
BEACH VOLLEYBALL	297.1
ROLLER HOCKEY	273.4
BOBSLED/LUGE	261.9
SNOWBOARDING	253.8
GOLF	227.3
SKIING	220.7
VOLLEYBALL	199.7
SWIMMING	188.2
WHITE-WATER RAFTING	187.8
BASEBALL	174.7
SNOWSHOEING	159.7
SEA KAYAKING	129.7
CRICKET	123.9
TOUCH FOOTBALL	120.8
FENCING	108.4
AEROBICS	97.6
SOFTBALL	93.0
RACQUETBALL	91.8
CROQUET	67.2
TABLE TENNIS	55.5
BOWLING	55.2

Michael S. Yessis, associate editor of Men's Fitness, got a C+ in his ninth grade algebra class.

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CHALK TALK

Dear BLAINE WILSON,
We loved watching you at the Olympics in Atlanta. We think you are so cute. We were wondering if you enjoy going to Ohio State University? Did you get a scholarship for gymnastics? Also, what are you planning to do now after the Olympics?
Rex and Kim
Cortland, Ohio

Dear Rex and Kim,
I love going to Ohio State University. The classes and the students are awesome. I did get a scholarship for gymnastics but gymnastics isn't everything. I've been playing a lot of golf since the Olympic Games have ended. I started school in September and I have one year of eligibility left. Who knows, you might see me in the 2000 Olympic Games!

ELAINE WILSON

Dear KERRI STRUG,
I am a Level 5 gymnast and 8 years old. I hope your leg is better. I saw you on the Rosie O'Donnell Show. Were you nervous on your second vault? What is your favorite event? Mine is bars. I would be so happy to win a gold medal. Was that your first gold medal?
Ann Kuttenkuler
Kirkwood, Missouri

Dear Ann,
Yes, I was very nervous for my second vault during the team competition at the Olympic Games because I was injured and I thought we needed a good vault to win the gold medal. The gold medal that we won was my first Olympic gold medal. Floor is my favorite event because it comes easiest to me and it is the most fun.

Dear JOHN ROETHLISBERGER,
My deepest sympathy goes out to you after your pommel horse performance at the Olympic Games. I, too, am a gymnast but not nearly as good as you. I have also experienced your emotional pain. I was about to win my last ever Level 4 competition. I mounted bars, my best event, and messed up completely. I wish you the best of luck in your future gymnastics competition. I will always appreciate your gymnastics.
Kimberly O'Hara
Palmyra, Pennsylvania

Kerri Strug with Hollywood star Arnold Schwarzenegger

Dear KERRI STRUG,
I think what you did at the Olympic Games was encouraging and a lot of other words that can't be described. I think you are great in gymnastics. Good luck in the future.
Michelle Valez
Chicago, Illinois

Dear KERRI STRUG,
I am 15 years old and a Level 8 gymnast. I saw on the Olympics how young some of the gymnasts were (like 14 years old) and they are a lot better than me. Do you think I'm too old?
Amberli Canto
Springville, Utah

Dear Amberli,
No, I don't think you're too old for gymnastics. Everyone progresses in the sport at a different rate. Did you know that the FIG just raised the minimum age from 15 to 16 to compete in the Olympics? At the 2000 Olympic Games, gymnasts must be 16 in the year of the Games to compete. Hang in there and keep training hard. I'm sure you'll do great.

John Roethlisberger and Chelsey Umphrey take a break with Chelsea Clinton during the Olympics.

MORE!

Dear USA GYMNASTICS,
I watched the women's gymnastics on television and while I applaud the present group of young ladies, I wonder why no mention is ever made of the outstanding performance of those involved in the last Olympics. Specifically whatever happened to Kim Zmeskal? She was outstanding and Shannon Miller was her understudy. Now Shannon is #1, but never any mention of Zmeskal. Is she still in gymnastics? Could you advise?

Mr Martin Schuller
Wadsworth, Ohio

Dear Mr. Martin Schuller,
Kim lives in Houston, Texas, and is still involved with the sport of gymnastics. In fact, she's a participant in the John Hancock Tour of World Gymnastics Champions that visited 34 cities between September and November, 1996. The fans love her.

Dear USA GYMNASTICS,
I'm 11 years old and a former gymnast of Gymdandys. After Level 6 I decided to quit the sport because I was afraid to try new things. I tried girls basketball and ballet. I performed in the Nutcracker in Pittsburgh. While watching the 1996 Olympic Games, I was introduced to a new sport that seems perfect for me—rhythmic gymnastics. Because of my height, flexibility and ability to dance gracefully rhythmic gymnastics seems like the sport for me. The problem is, I can't seem to find a gym nearby that teaches rhythmic gymnastics. Do you have any listings of gyms that offer rhythmic gymnastics that you could send me? Thank you!

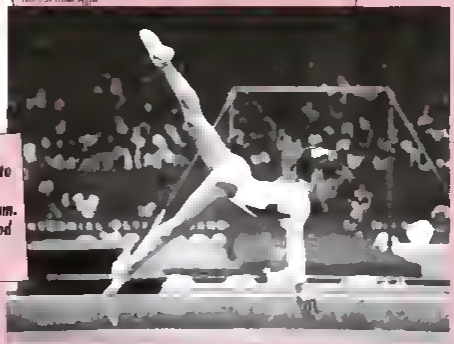
Jennifer Noah
Amity Pennsylvania

Dear Jennifer,
From what you describe about yourself, rhythmic gymnastics just may be the perfect sport for you! We will send you a listing of gyms that offer rhythmic gymnastics programs near you. For anyone else that would like a listing of rhythmic gymnastics clubs near you, contact USA Gymnastics Rhythmic Program Director Nora Campbell at 317-237-5050.

Dear USA GYMNASTICS,
I'm 13 years old and a Level 10 gymnast from New York state. Photography is my hobby and I was able to shoot some exciting pictures at the 1996 Olympics. It would be very exciting to see my photos in your magazine.

Jenna Sieleki
N. White Plains, New York

Dear Jenna,
Here's your photo of Dominique Moceanu on beam. Keep up the good work!



Dear USA GYMNASTICS,
I teach recreational acrobatics classes at a dance studio in Ohio. After the first class of the session, I planned on handing out stickers of the Olympic mascot, Izzy. Before giving out the stickers I asked my students if they had watched the Olympics on television. They all nodded "yes." I then asked if any of them knew who the Olympic mascot was. There was a short silence and then one of my students answered shyly, "Shannon Miller?" What better testimony of the positive attention that Shannon and all of her teammates gathered for the sport with their gold medal showing!

Claire Kew
Chagrin Falls, Ohio

Dear USA GYMNASTICS,
I saw Club Gymnastics USA Tour in Arcadia, Calif., at the Arcadia Fashion Plaza and thoroughly enjoyed learning more about this exciting sport. Missy Marlowe and Chris Waller did a gymnastics demonstration/discussion. Below are a couple of photos I took of both Missy and Chris. Please tell them both that I think it's great they are inspiring and teaching young children about gymnastics. I am taking lessons as an adult for the first time and can really appreciate the beauty and training involved in the sport.

Kathy Tanaka
Arcadia, California

CHALK TALK

My poem is about Kerri Strug's courageous second vault at the 1996 Olympic Games
Erinn Daley, age 13
Columbus, Wisconsin

A MOMENT OF SILENCE
She's strong and courageous
She gives it her best
With a pain in her ankle she thinks of the rest
The team is all hushed as she says a quick prayer
She flies down the runway just a second later
She winces in pain as she soars over the vault
She lands on the mat and comes to a halt
The look on her face as she sticks to that mat
Sends terrible feelings to the millions that sat
She hops on one foot as she saluted the judge
She falls on her knees and she just couldn't budge
Her coach carried her off and they bandaged her up
She was crying by now but had not given up
She was in horrible pain but she couldn't depart
She needed to get what she'd earned from the start
Her coach was carrying her now and said "Wave your hand"
And the crowd cheered until the team was up on the stand
They collected their medals
They held their heads high
As they sang the anthem and watched the flag fly high
They had won the gold for the first time in history
The all around finals that was her dream
She had given it up all for her team

Dear USA GYMNASTICS
The Russian Gymnastics team trained in Jacksonville, Fla.—prior to the Olympic Games to get acclimated to the weather and time change. The team visited my gym First Coast Gymnastics, while training in Florida. Here's some pictures that I took!
Kelly Walker
Age 15, Level 8

Below: Here's me and a teammate with members of the Russian Women's Team. L to R: Svetlana Khorkina, Yelena Grosheva, Yevgenia Kuznetsova, Elena Dolgopolova, Rozalia Galiyeva, Kelly Walker, Rawson Glover, Oksana Liapina, Oksana Fabrichnova, and Rita Kochetkova.

PHOTO BY KELLY WALKER

PHOTO BY KELLY WALKER

Above: First Coast Gymnastics Girls Compulsory Optional and Boys Teams with the Russian Olympic Team

Dear SHANNON MILLER,
First off, I want you to know that your performances in Atlanta were above and beyond. I saw you do one floor routine and you fell short on the landing—I think that knocked you from second all around to lower! What were you thinking after that night? Was it your wrist that both ered you? One last thing I am going to see you at the FleetCenter in Boston, Mass., for the tour of champions — is this going to be all competition routines or fun dances like the Olympic gymnastics gala?
Peace love and gymnastics
Jessica Mitch
Medfield, Massachusetts

Dear Jessica,
After the all-around competition I was a little disappointed. I knew I had not done as well as I could have. But, I also knew that I had event finals and that I would go home with a gold medal no matter what since my teammates and I had won the team gold medal. My wrist didn't bother me during the competition too much, but it did bother my training leading up to the Olympic Games. I did not train as many floor routines as I would have if my wrist was 100%. During the tour we'll do both individual routines on each event and dance routines. Hope you enjoy the show!

Chalk Talk includes questions covering men's, women's and rhythmic gymnastics. Send questions to your favorite gymnasts. You can also send us photos of yourself or drawings you've made. Remember, we can't return pictures or artwork.

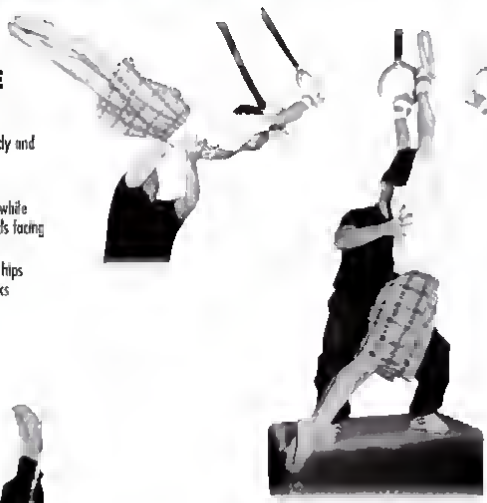
Send your questions to: USA Gymnastics, Chalk Talk, Pan American Plaza, 201 S. Capitol Avenue, Suite 300, Indianapolis, IN 46225.

Straight Arm Giant on Rings

BASIC SWING FOR DISLOCATE DIRECTION:

1) Tight arch in back with extended body and arms forward.
2) Swing tight arch through bottom.
3) Quickly snap body to a tight hollow while pushing back on rings palms of hands facing away from you.

Note: common mistake is being loose in hips and throwing head back as gymnast kicks



Gymnast: Jesse Nevin

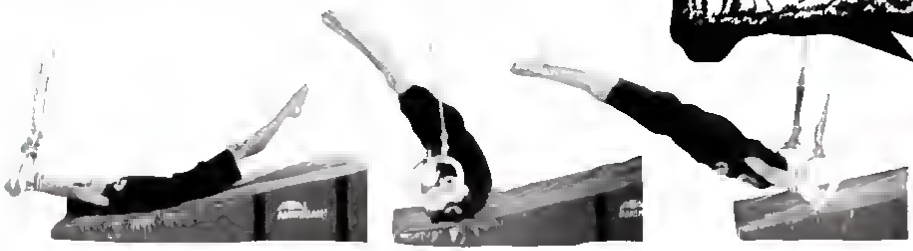
Gymnast: Noah Taylor

Wayne Kerr
Coach at Cascade Elite Gymnastics
in Lynnwood, Washington

RISING ABOVE THE RINGS:

1) Roll down incline to hollow wide arm back extension roll to an extended body position on stomach (tight)
2) Do same drill with spot from basic swing above. Build to no spot with shoulders at top of rings

Note: to get the best rise the swing must accelerate in the second half going into the dislocate



SPOT ENTIRE GIANT MOTION ON COMPETITION RINGS:

1) Be ready to assist on down phase of bail
2) Place hands by shoulder and back on the turn over.
3) Follow shoulder with assistance through handstand

Note: The main emphasis on these drills is tight body and straight arms—then the drills can be easily executed and spotted

DRILLS FOR BAIL AND SHOOT ON RING GIANT.

1) Bail from handstand on low rings to mat, land on tight body all parts simultaneously
2) Can also carry through slowly on medium height rings.
3) Lift through hollow back extension with arms parallel
4) Can also do extension from roll on floor with palms back on low rings
5) Can also do back drop to extension on tramp

COACHES: Please submit your conditioning ideas to the Reebok Coaching Corner, c/o USA Gymnastics, Pan American Plaza, 201 S. Capitol Ave., Suite 300, Indianapolis, IN 46225.

JUNIOR NATIONAL DEVELOPMENTAL CAMP

The Junior National Developmental Team Camp was held July 7-14 at the U S Olympic Training Center in Colorado Springs This camp was made up of the top 25 from the 50-member Junior National Developmental Team The athletes qualified to the camp through their results at the 1995 Olympic Developmental Program Regional Evaluations for 10-11 year olds The camp covered development skills needed to succeed in optional competition as well as a strong review of basic skills The seven day camp was also attended by 11 personal coaches and camp staff, under the supervision of camp director and Junior National Coaching Staff member, Gene Watson

Nancy Spielkamp, a dance consultant and member of the Junior National Coaching Staff provides instruction to members of the Junior National Developmental Team.

1996 Junior National Developmental Camp participants

Carlos Vazquez, a member of the camp staff, gives instruction to a member of the Junior National Developmental Team, as other coaches listen.

USA GYMNASTICS / YMCA OF AMERICA GRASSROOTS DEVELOPMENT WORKSHOP

The YMCA of America, co-sponsored by USA Gymnastics, was awarded a U S Olympic Committee grant for the development of grassroots boy's gymnastics programs The grant was provided to allow up to 30 YMCA programs in the U S to start new boy's gymnastics programs. The first step in this project was to host a workshop on how to establish and develop boy's programs for representatives of the start up YMCA's The YMCA's were chosen from six areas of the country where they could be "partnered" with an existing NCAA men's gymnastics program The coaching staff from these NCAA programs will provide follow-up clinics and support for the new YMCA programs The NCAA institutions identified for this pilot project were Miami Dade Community College, Ohio State University, Springfield College, the University of Minnesota, Temple University and the University of California, Berkeley.

The initial Grassroots Development Workshop was held August 23-26 at the Olympic Training Center There were 26 participating YMCA program representatives hosted by Dick Jones, Associate Director of Program Services, and the USA Gymnastics men's staff. The workshop featured three days of lectures and skill development demonstrations presented by the USA Gymnastics men's staff, collegiate coaches, Junior National Coaching Staff members, Junior National Team Coaches and club owners. The YMCA participants were extremely motivated and enthusiastic and left Colorado with a wealth of information to aid them in starting their boy's programs.

OPINION

OLYMPICS

Tom Weir, columnist
USA Today

"Rules are rules, but is anyone else troubled by the dilemma some of the best U.S. female Olympians face because of NCAA regulations on amateurism?

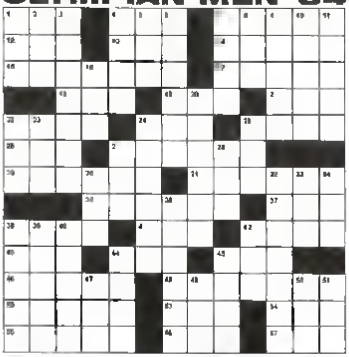
First, the gold-medal winning women's gymnastics team had to kiss college competition goodbye or pass up a lucrative post-Olympic tour Now, young swimmers face the same decision with bonuses the U.S. Olympic Committee is paying to medal winners from the Atlanta Games

There's a big difference between these athletes and those in football and men's basketball For the men, big bucks await when they get out of college. For these women, time will run out quickly in their sports, and there's no pro league waiting.

Take a poll, and we probably would discover most Americans think our Olympians should be rewarded, not punished So how about on Olympic waiver?"

Reprinted from NCAA News, Sept 16, 1996

OLYMPIAN MEN '84



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ACROSS

1 Choke
4 King Fr
7 Norwegian inlet
12 __ Gershwin, lyricist
13 Cristle
14 Large stream
15 Mowed
17 Nebraska city
18 __ Vegas
19 Tree
21 __ DAGGETT
22 Menial laborer
24 God: Roman
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28 Call again
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44 Males
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46 New York city
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53 Sea eagle
54 Does working Abbr
55 __ JOHNSON
56 Home: Abbr
57 Conceit

DOWN

1 Soldiers: Abbr
2 Circle portion
3 MITCH __
4 Cheers
5 Be obliged
6 Really
7 Starting point
8 __ HARTUNG
9 Elliptical
10 Punch again
11 Play of conflict
16 Brown
20 Flexible
22 Score
23 Before
24 Distend
25 To and __
27 Volt-ampere: Abbr.
28 Assist
30 Follower ending
32 Horrible
33 Age
34 Lair
36 BART __
38 Pollutes
39 Ludicrous act
40 Egyptian city
42 "Little Guys" org
44 Vertical spar
45 Reagan: Abbr
47 Feline mammal
49 Mined mineral
50 Lower appendage
51 Ike's area: Abbr.

Look for answers on page 44!

MEN'S JUNIOR NATIONAL TEAM CAMP

The first Junior National Team Camp under the 1997-2000 National Team Program was held August 20-28 at the Olympic Training Center in Colorado Springs. The camp was attended by 22 U.S. Junior National Team members along with 26 coaches and guest staff. Special guest staff attending the camp were Arnold Kvetenadze, Valeri Liukin and Vitaly Marinitch. The camp centered on developing a National Training Plan through 2000 for the Junior National Team Program as well as establishing training goals for the individual team members. In addition, the development of key skills for the next four years was covered. The camp featured an unbelievable amount of energy and hard work by all the staff and athletes.

Guest staff member Valeri Liukin works with members of the Junior National Team on vault.

CORRECTION

In the September/October issue of USA Gymnastics we listed the names of gymnastics Olympians who participated in the Olympic Torch run. We failed to include 1988 Olympian Kelly Garrison on that list. Sorry for the misprint!

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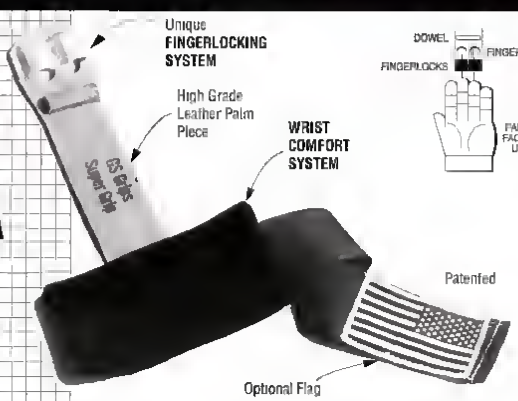

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OLYMPIC RECAP

The 1996 U.S. Olympic Team, all 667 members, won a total of 101 medals, more than any other country in Atlanta. For 17 days in July and August the U.S. flag was raised more times in Olympic medal ceremonies than any other among the competing nations, including recognition of 44 gold-medal performances. Gymnasts from the U.S. earned five medals—two gold, two silver and one bronze.

USA MEDALS BY SPORT

Sport	Gold	Silver	Bronze	Total
Archery	2	0	0	2
Athletics	13	5	5	23
Baseball	0	0	1	1
Basketball	2	0	0	2
Boxing	1	0	5	6
Canoe/Kayak	0	1	0	1
Cycling-Mountain	0	0	1	1
Cycling-Track	0	0	2	2
Diving	0	0	2	2
Equestrian-Dressage	0	0	1	1
Equestrian-Jumping	0	1	0	1
Equestrian-Three Day	0	1	1	2
Gymnastics-Artistic	2	2	1	5
Judo	0	0	1	1
Rowing	0	3	1	4
Soccer	1	0	0	1
Softball	1	0	0	1
Shooting	1	1	1	3
Swimming	13	11	2	26
Sync. Swimming	1	0	0	1
Tennis	3	0	0	3
Volleyball-Beach	1	1	0	2
Wrestling-Freestyle	3	1	1	5
Wrestling-Greco-Roman	0	3	0	3
Yachting	0	0	2	2

TOP 10 MEDAL COUNT BY COUNTRY

Sport	Gold	Silver	Bronze	Total
1. USA	44	32	25	101
2. Germany	20	18	27	65
3. Russia	26	21	16	63
4. China	16	22	12	50
5. Australia	9	9	23	41
6. France	15	7	15	37
7. Italy	13	10	12	35
8. Korea	7	15	5	27
9. Cuba	9	8	8	25
10. Ukraine	9	2	12	23

WORD SEARCH

G	F	T	G	Y	M	N	A	S	T	G	L
P	L	T	U	C	K	H	I	L	K	O	G
O	O	L	G	M	G	E	G	N	U	L	Y
T	O	U	G	B	B	S	U	Y	M	Y	G
S	R	A	P	A	E	L	N	T	A	M	R
P	E	V	G	L	T	E	E	K	I	P	E
O	X	G	F	A	W	E	V	A	D	I	N
L	E	Y	F	N	I	H	E	R	A	C	N
F	R	M	O	C	S	W	N	O	N	G	O
M	C	K	D	E	T	T	B	L	E	A	C
I	I	I	N	B	K	R	A	Y	H	M	T
L	S	D	U	E	I	A	R	I	A	E	R
L	E	S	O	A	P	C	S	T	Y	S	A
E	A	G	R	M	B	S	G	N	I	R	B
R	E	V	O	K	L	A	W	K	C	A	B
H	A	N	D	S	P	R	I	N	G	L	E

Find the following gymnastics terms and names of famous gymnasts. Words can be forward, back ward, or diagonal. Good Luck!

GYMNAST
TUMBLE
TUCK
PIKE
KIP
OLYMPIC GAMES
LUNGE
VAULT
NADIA
LEAP
BALANCE BEAM
FLOOR EXERCISE
BACK WALKOVER
UNEVEN BARS
RINGS
BART CONNER
MILLER
KAROLYI
GYM
TWIST
MAT
ROUND OFF
CARTWHEEL
HANDSPRING

©Gym Kids Gymnastics 1995
Kimberly Hill

Look for answers on page 44!

TOP 10 MEET ACCESSORIES FOR PARENTS

By Jeff Gothard

1. Extra cushioned stadium seat with built-in nacho tray.
2. Reading material for time between events, including War and Peace and From Here to Eternity.
3. Small bank loan for leotards, pins, T-shirts, etc.
4. Nacho cheese-resistant slacks.
5. Small pair of handcuffs for restless, non-cheese resistant sibling.
6. Large, aggressive baby-sitter named "Vinnie" if #5 proves ineffective.
7. Cellular phone to call in sick Monday if kid makes Sunday finals.
8. Blue-clad voodoo doll for uncooperative judges.
9. Small U-Haul for paraphernalia bought with bank loan.
10. Larger U-Haul for Vinnie the baby-sitter.

ATTENTION COACHES

If you're planning a gymnastics camp in 1997, don't miss the FREE ANNUAL SUMMER CAMP DIRECTORY which will be published in the March/April issue of USA Gymnastics magazine. Simply send your information to USA Gymnastics, Summer Camp Directory, Pan American Plaza, 201 S. Capitol Ave., Suite 300, Indianapolis, IN 46225, by January 16, 1997, and we'll be sure to include your camp in the directory. Here's the information to include:

- State in which camp will occur
- Name of camp
- Address
- Phone
- Dates of camp
- Type (men, women or rhythmic)

(Gymnastics Update continued on page 44)

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RUSSIAN 1978-1987
REPUBLIC SPORT COLLEGE
TEACHER/INSTRUCTOR
For 9 years I taught Theory and Methods to Russian choreographers and coaches-in-training. I'm as much a teacher as a choreographer. I really do know the technical aspects of my profession and I teach them well.

★★★★
"The results of Natasha's clinics and routines are immediate and incredible! I would highly recommend Natasha for any gymnast at any level." *Norm McKenzie - DISCOVERY, TN*

★★★★
"Natasha's routines totally fit each individual gymnast. She understands each girl's strengths and personality and designs each routine for maximum results. We're very very happy we found her!" *Jen & Tony Fatta - PRESTIGE, PA*

★★★★
"Nobody works harder than Natasha. She gives 100% to each and every gymnast, and has helped our club in many different ways. Natasha really loves her work, and so do we!" *Jenny Cox & John McDonald - DYNAMO, OH*

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Paid Circulation: Mail Subscription	61,451	45,680
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Free Distribution by Mail	232	347
Free Distribution Outside the Mail	0	0
Total Free Distribution	232	347
Total distribution	61,683	46,027
Copies not distributed	1,936	5,012
Return from News Agents	0	0
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I certify that the statements made by me above are correct and complete. John Hewett, USA Gymnastics Controller.

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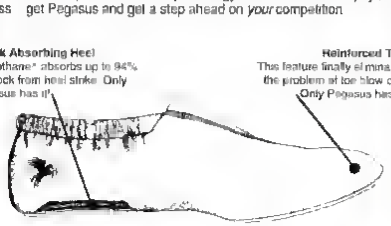

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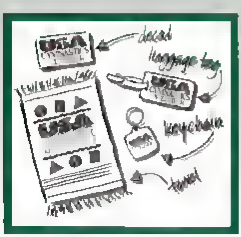

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1996 ○ 1997

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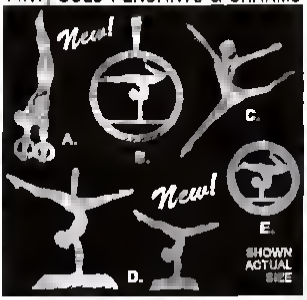

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BABY ANSWERS

Who is she? **Theresa Kulikowski**

Who is he? **Josh Stein**

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POSITION AVAILABLE/PRESCHOOL PROGRAM DIRECTOR Full time position with teaching and administrative duties Degree in Elementary P E Movement Education or the equivalent GYM HASTICS TEACHERS full and part-time positions available for our recreational and preschool classes with over 1,000 students Salary commensurate with experience and benefits Send resume to Michigan Academy of Gymnastics, Inc. 5870 N Hix Rd Westland, MI 48185 attention Douglas Rowe Phone (313) 721-4001, or fax (313) 721 6445

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ADVANCED TUMBLING INSTRUCTORS Excellent full/part time positions available for motivated enthusiastic and professional individuals for immediate employment in our cheerleading gyms in Atlanta Previous cheerleading experience is a plus but NOT A REQUIREMENT In addition to our former gymnasts tumbling at the intermediate and advanced level many of our 700+ students are 12 to 14 years old and are at the entry level Please consid

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IMMEDIATE GYMNASTICS POSITION (full or part time available for experienced competition and recreational level coach(es) Well established club, finest private training facility in northern New England Salary and benefits commensurate with experience Call (802) 295 5092 or send resume to Northern Lights Gymnastics, Inc 17 Olcott Dr, W R J, VT 05001

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To place a classified ad: $75 every 90 words. Deadline: January/February—Nov. 15; March/April—Jan 15. Send ad with payment to USA Gymnastics, Classified Ads, Pan American Plaza, 201 S Capitol Ave., Suite 300 Indianapolis, IN 46225 Ads submitted without payment WILL NOT BE ACCEPTED.

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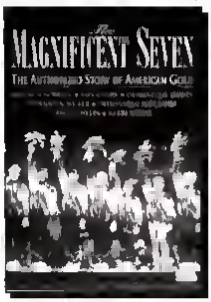
New Book on the Magnificent Seven!



Commemorate the historic gold-medal achievement of the U S women's gymnastics team with the *only* book authorized by all seven team members! This hardback keepsake edition features exclusive interviews with the seven gymnasts and over 100 brilliant full-color photos, including many culled from family scrapbooks

Updated Book on Shannon Miller!

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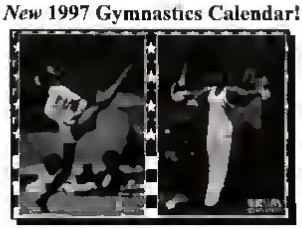
This lively, candid biography, with a foreword by Steve Nunno, describes Shannon's struggle to stay on top despite burnout, an aging body, a frightening stalker incident and conflict between her parents and coaches

New 1997 Gymnastics Calendar!



Celebrate the Summer Games with this stunning, *full-color* calendar loaded with exquisite photographs of your favorite male, female, and rhythmic U S gymnasts Makes the perfect gift Supplies are limited

The Magnificent Seven is $19 95 + $3 00 shipping.
Dominique Moceanu A Gymnastics Sensation by Krista Quiner is $12 95 + $2 00 shipping & handling
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1997 Gymnastics Calendar is $10 95 + $2 00 s&h
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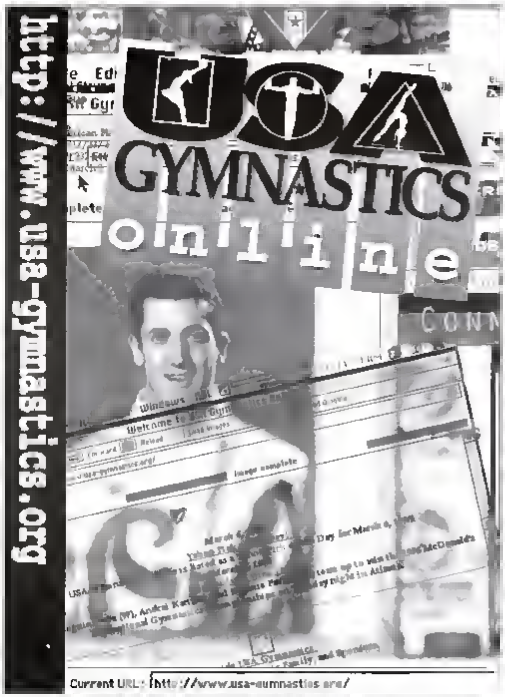
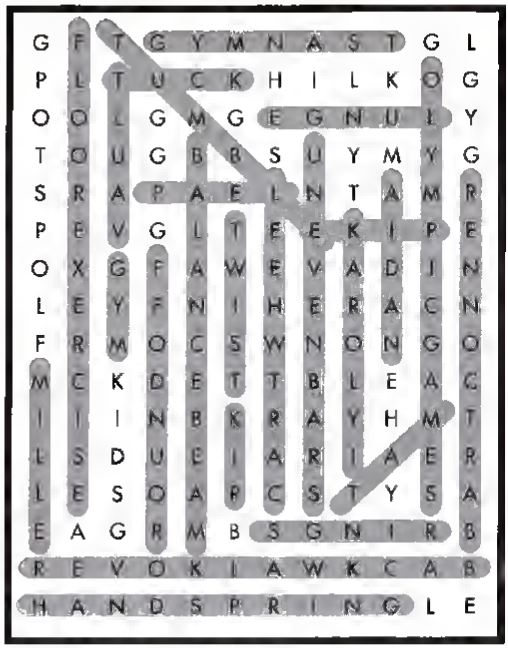
YOU KNOW YOU'RE A GYMNAST WHEN . . .

By Linda Delmenico-Prussen

1. Fortune tellers can't read your palms.
2. You can beat any boy in your class arm wrestling.
3. Your physical education teacher gives you the presidential fitness test, you finish and ask him what he wants you to do now that you've warmed up.
4. Your idea of American History begins after Cathy Rigby.
5. It's almost impossible to find cowboy boots small enough for your feet, yet big enough for your calves.
6. Except for gymnastics you haven't watched TV since...?
7. In your circle of friends 5 feet is considered tall.
8. You do your homework in a straddle split.
9. Whenever you hear a good song your mind starts choreographing a routine to it.
10. You believe there are two types of people, gymnasts and those that wish they were!



WORD SEARCH ANSWERS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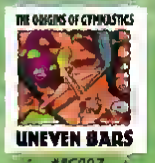

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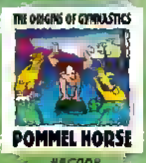

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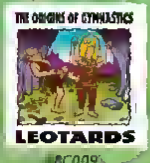

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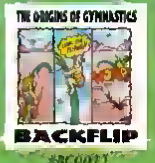

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Good as Gold Tee
T shirt featuring the 1996 Women's Gold Medal Team
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YOUTH (L, M, S)
$18.50

BACK

FRONT

This design also available as a crew!

BACK

Hardware Tee or Crew
[illegible] design
Printed front and back
ADULT (XL, L, M)
YOUTH (L, M, S)
#1997 T7
T-SHIRT $17
#1997 C7
CREW $22

Christmas Crew
[illegible] tree is decorated with all of the medals won by the [illegible] this Christmas
[illegible]
[illegible]
ADULT (XL, L, M)
YOUTH (L, M, S)
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